



Welcome to our December newsletter!

As 2023 comes to a close we thought it was a good idea to give an update on many of our Ewen's Room Activities. We are very proud of the Lochaber community and very grateful for the support from people over the last year for our services. We are passionate about trying to provide a sustainable service in Lochaber for supporting people with mental health and being pro-active with early intervention and building personal resilience. Thankyou for helping us to keep making it happen! We are looking forward to a busy 2024.

EWEN'S ROOM OPEN DOORS

Community drop in sessions.
Join us for coffee, cake and chat!
Everyone is welcome!

TUESDAY - FORT WILLIAM
10:30 - 12:30 LIBRARY

WEDNESDAY - ACHARACLE
11:00 - 1:00 COMMUNITY CENTRE

WEDNESDAY - MALLAIG
10:30 - 12:30 MALLAIG LIBRARY

THURSDAY - ARISAIG
10:00-12:00 ASTLEY HALL

THURSDAY - STRONTIAN
11:00- 1:00 SUNART CENTRE

FRIDAY - KINLOCHLEVEN
10:30 - 12:30 LIBRARY

info@ewensroom.com
www.ewensroom.co.uk

  

Scottish Charity no. SC048248

Open Doors

We are delighted that the last few weeks has seen the beginning of our sixth regular Open Doors. All groups are unique to their local communities but together their collective aim is to provide a safe, warm and friendly space in which people can come together and talk. Connecting with others is a very positive step in looking after your own mental wellbeing and our Open Doors allow people to do that. There is no pressure to talk but people should always know that we are there to listen.

Counselling

We are delighted now to have two counsellors on board the Ewen's Room Team. Margot leading on our young persons counselling and Kirsty in community counselling. We recognise the value of counselling support and how many of us can benefit from having someone to talk to and process all the things that are happening in our lives. If you have any questions about our counselling services then please just get in touch.



Whatever The Weather Walk

Our Whatever the Weather Walk was established recently in Spean Bridge. Led by Isabel it's a chance to get out into the green space in our community and feel the benefits that living in the beautiful West Highlands brings no matter the weather. Being outside can really help us disconnect from the challenges in our lives just for a little while and be mindful in the moment. This enables us to essentially take some time for ourselves and feel better prepared to face the days ahead. The walk has been happening monthly and is now expanding with Jenny starting a regular walk in the Mallaig area too.

Education Activities

Our Team has been especially busy over the last month in their work in schools. The WellBeing Champions and Heroes programmes have been happening in Primary and Secondary schools with more dates in the diary for 2024. Ewen's Room has also been delivering Bookbug sessions on the peninsular and now Jenny has completed her training this will be appearing in Mallaig too! All of our programmes and activities are interactive and enable children and young people to have discussions around things that impact them when thinking about Mental Fitness. Both the programmes provide the schools with a toolbox of ideas which the young people can use individually or collectively to manage their own mental fitness and emotional regulation. After feedback from schools we are designing some follow up sessions to best suit the needs of the school communities.





Youth Rugby

The successful youth rugby led by John in Acharacle inspired a new Mallaig group. We are delighted to be facilitating youth rugby in two locations now and the reception in Mallaig has been phenomenal. The young people are gaining so much from these sessions, traditionally we think of sport being good for our physical health and it is, however the benefits for our mental health are great too. Learning new skills, getting outside, being in a team builds up self-confidence, boosts our mood and teaches us healthy habits.



Scottish Mental Health Arts Festival

The Scottish Mental Health Arts Festival took place in October and we were delighted to partner with Highland Highlife and put on some events in local libraries. The national themes was 'Revolution' and our team had fun designing events. So from Strontian we had Helen's engineering activities then music with Isabel in Fort William, Dog visits in Mallaig with Jenny and creativity with images with Ilona in Kinlochleven. It really was a fantastic set of events to suitable for all ages and abilities. We love partnering with our local libraries as we find its just a fantastic window into the community.



Building Natural Capital

Our Building Natural Capital Project supported by the Ideas Fund has been running for the last 18 months in partnership with UHI. We recruited a fantastic group of young people from Kinlochleven who undertook training all about research. They then used their knowledge and became active peer researchers. They interviewed their peers about the use of Green and Blue Space (or their newly coined Aqua spaces) and how it may affect their mental health. After analysing the research and coming up with some pretty clear results the young people had a weekend of outdoor experiences with their newly formed knowledge and it was interesting to see how reflective they were about the experience. This November some of the young people participated in a writing retreat at Badaguish in Aviemore. Together with the researchers they collaborated to write a paper which we hope can be published to really give an informed view of their experience. It has been a fantastic project and we hope to be building on its success in 2024.



Walk & Talk in January

New Years tend to bring lots of resolutions, but we are very aware that January can be a challenging month for many. The cold weather and the limited light can impact us all and can bring other barriers too such as difficult getting outside and connecting with others. We have decided to face January head on and taking the advice of our BNC peer researchers to get outside as we know it really helps us with our own mental wellbeing. Therefore, this January Ewen's Room are hoping to walk the distance of the Scottish Coastline and we are asking for your help too. You can pledge your miles to us and see how far we can get in January. We have fundraising packs available if people want to raise funds as well as pledge their miles, please email info@ewensroom.com for more details.





PROMOTING • EDUCATING • CONNECTING
Actively Improving Mental Wellbeing

OPEN DOORS PLANS 25th December - 5th January

ACHARACLE

RESTARTING
10TH JANUARY

ARISAIG

RESTARTING
11TH JANUARY

FORT WILLIAM



ONLINE ZOOM
26/12 & 02/01

EMAIL
ISABEL@EWENSROOM.COM
FOR THE LINK

KINLOCHLEVEN

OPEN 05/01
10.30AM - 12.30PM
KINLOCHLEVEN LIBRARY

MALLAIG

OPEN - 27/12 & 03/01
10.30AM - 12.30PM
MALLAIG LIBRARY

STRONTAIN

RESTARTING
11TH JANUARY

EMAIL INFO@EWENSROOM.COM TO FIND OUT MORE

Get in touch...

If you would like to get in touch about being involved in any of our services or finding out more, you can email us at info@ewensroom.com or call 01967 401130, and you will be connected to a relevant member of the team.

To find out more about our work promoting mental health and wellbeing, please visit [our website](#).

We really appreciate all the support we receive which helps us to keep up all our work within the Lochaber community. If you would like to contribute to our work, please click below.

Support Ewen's Room