

# July 2024 Newsletter



[www.ewensroom.co.uk](http://www.ewensroom.co.uk)

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## Summer Days



We think of summer days as related to fun, barbeques, beach days and holidays. We all know though that Summer in the highlands can also be fairly rainy, midgie mad with campervan road congestion. So it can be a time to remind ourselves that life comes with both what we may see as good and bad and it is how we see these things which can really have an impact upon our own mental wellbeing. So it is a good reminder to try and see the positive in all that surrounds us.

The rain in summer brings us fields of green, flourishing flowers and the scent of nature that can envelop us. It is a purity of nature in action, feeling of our greenspaces and keeping them healthy. So maybe we can accept a few extra days of rain and feel lucky we are in neither a monsoon or a drought. The midgies well they are also part of nature in that they eat decaying plant matter in soil and they are a key part of many birds and insects diets. So it may feel like the midgies are an irritant but they are keeping our soils fertile and animals fed, so maybe we can abide them for a few months. Lastly then the campervan congestion well we can be glad for the economic tourism in keeping local businesses alive and secondly for the fact that we live in an areas that is recognised as worth visiting.



By trying to be more positive in our thinking we can learn to appreciate the good in most things. It can be a challenge to always think positively and just like a muscle you need to work at it. We all have an inner critic and we need to be kinder to ourselves. Talk to ourselves like we would talk to a friend, allow ourselves to rest, recover and celebrate the good in ourselves. You don't need to talk to yourself like the evil queen and say you are the most beautiful in the land but you could maybe spare yourself a thought and think 'I am a good person and I am doing my best.' So send your inner critic off on a summer holiday and fill your own suitcase with positive thoughts!

# Moving More for Mental Health

We were delighted to support the Mental Health Foundation during Mental Health Awareness Week in May. The theme was moving More for Mental Health and this really resonated with us. Over the last year our Whatever the Weather Walks have really celebrated and proven to us how even a short walk can have a such a positive impact on our wellbeing. We were delighted to work in partnership with our friends at Highland libraries and offered some additional events. We had a lovely display in Fort William about our walks and we held Reiki and Indoor Boules in Mallaig. In Kinlochleven there was an Adult Physical Theatre Session which focused on ensuring everyone was able to participate. We pride ourselves as a small charity in providing supportive early intervention activities for young people and providing professional support through counselling. We try to raise awareness through action and so the Mental Health Awareness Week provides a great chance to reflect on our activities and feel proud.



Photos from from Whatever the Weather Walks

Always check our Facebook page for any upcoming walks.

**EWEN'S ROOM** **W4W** WORKSHOPS 4 WELLBEING

### Whatever the Weather Walk

Social and friendly community walk for wellbeing.  
Plus a cuppa & chat afterwards.

Everyone is welcome!

## Open Doors

Our Open Doors across Lochaber provide a safe and welcoming space for anyone to drop in. People attend Open Doors for a variety of reasons and that is at their own discretion. We are there to support people in our community and these sessions provide a safe space in which people can come together and talk about anything they wish. It can help to keep communities connected, support isolation, loneliness and those struggling with grief or those actively supporting their own mental wellbeing. We promise a warm welcome and you can trust them all as safe spaces.

### 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

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Scottish Charity no. SC048248



# The Running Wilensssss's'

Our very own Jenny and her whole family decided to take on a running challenges to raise funds for Ewen's Room. This was a real family commitment and they would participate at the Edinburgh running festival. Rob completed the 10k, Jenny ran the 5km and Tom the 1.5km, They all did brilliantly and wee Kate has been key in ensuring they all kept to their training! Jenny will say she simply survived and is committing only to dog runs in the future! Thankyou Team Wilen's we are very proud.



# Our Bookbug Hero

We are very proud that our Helen was named as a Bookbug Hero by the Scottish Book Trust. Helen is one of our Education Officers and is incredible in her commitment to our work. She is also the wonderful librarian in Ardnamurchan and her commitment to Bookbug and reading is inspiring. Helen is the reason Ewen's Room became involved in Outreach Delivery work and we are delighted to offer it. It's a wonderful example of community partnership working which has a really positive effect on young people. Well done Helen you are always our Hero!



# Youth Rugby



Our youth rugby sessions in Acharacle and Mallaig are running very successfully. We are very grateful to coaches John and Rob who make it happen. We recognise how important it is for young people to have access to extra-curricular activities and the great social impact it can have. John was nominated for a VOSCAR this year due to his volunteering commitments and it was a great chance to celebrate.

# The Big Hoof



Ewen's Room was delighted that The Big Hoof chose Ewen's Room as one of the charities to raise money for on their Highland Ride. They are completing journeys accross scotland to raise awareness and funds for mental health. Travelling for 6 days the ride had a wonderful finale in Strontian with pupils from Strontian Primary and Ardnamurchan High School joining in to celebrate. A special thankyou to all the ER volunteers who provided support and lots of catering!

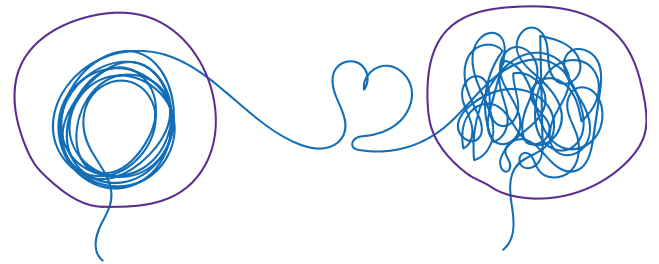
# Education Activities

We have been continuing to provide supportive health & wellbeing activities across all sectors of education. We find enthusiasm and passion from all ages and have healthy conversations about how to look after our mental wellbeing. Young people are incredibly philosophical and have both great ideas about how they can support their own and also their friends wellbeing. Our education team got together last month to plan our programme for the next academic year. We again aim to use stories, interactive activities and fun to support young people of all ages. After lots of feedback from schools our primary programmes for WellBeing Heroes will be based upon anxiety, anger, resilience and choices. We still haven't quite achieved our aim of being active in every Lochaber school but we hope to in the next school year, So please get in touch if you work in a Lochaber School and want to engage with us.



# Counselling

Our schools and community counselling is a busy service and we recognise how important and valuable it is. Use our contact details below if you would like more information.



# Thankyou

As always we are grateful for all the support we receive at Ewen's Room. We would like to say a special mention to Glenfinnan Candles, Bloom & Graze, the Sunart Centre, Highlife Highland Libraries and everyone who supports, donates and engages with us. As a small charity funding is always a challenge and knowing we have such wonderful community support across Lochaber is wonderful.



If you would like to get in touch about any of our services or activities then please get in touch.

**Phone: 01967 401130**

**Text: 07537 431637**

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**PROMOTING • EDUCATING • CONNECTING**

**Actively Improving Mental Wellbeing**

Scottish Charity no. SC048248

