

Testimonial



Joint Health Improvement Team
 Scottish Borders Council HQ
 Old School Building
 NEWTOWN ST BOSWELLS
 TD6 0SA

Thursday 18th April 2019

Dear Sir / Madam

I am writing to offer my support for Works+.

I have been continually impressed by Works+ ability to offer opportunities for young people in the Borders and to support their mental health and wellbeing so that the young people are more able to go on to seek employment. I have been delighted to have had the opportunity to work in partnership with Works+, initially in 2018 for RISE, the Arts and Mental Health Symposium we held in the Borders, and currently on an exciting partnership project called '100 Heads' as part of the Scottish Mental Health Arts Festival.

100 Heads is a film project exploring feelings which has involved talking to many local people in the Borders in multiple locations and settings. Works+ has managed and fully involved their young people in the design and production of the film, providing creative opportunities and skills development as well as talking about mental health and challenging stigma.

It is well known that talking about mental health can help people to manage their problems and relieve stress, and it is clear that Works+ offers young people in the Borders opportunities to connect with like-minded people and therefore provide an element of peer support. Young people in rural communities such as the Scottish Borders can find it harder to access opportunities that are readily available in larger towns and cities and it is a real risk that they can become socially isolated or lonely which can have long-term effects on both physical and mental health. Works+ performs an important role in the Borders by providing a safe and supportive environment for young people who experience disadvantage and who need some extra help to access the world of work, further education or training.

Through this partnership, I have become aware that Works+ is providing innumerable additional benefits with regards to the mental health and wellbeing of the young people involved in their service. I was moved by their 'Bear who Cares' project which saw young people reaching out and expressing their thoughts and feelings. At a time when young people's mental health is at such crisis levels it is reassuring to know that some of them have an outlet to express and process their emotions and are receiving the innovative support offered through Works+. I would love to see this grow so that more young people can realise these benefits.

I firmly believe that Works+ supports improvement to the mental health and wellbeing of young people in the Scottish Borders and to continue and grow the work of Works+ would be both a positive and essential development for our young people.

If you would like any more information please get in touch with me.

Yours sincerely

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