

A MILLION HANDS

Mental wellbeing and resilience resource pack

In partnership with



scouts.org.uk/join
#SkillsForLife



Mental wellbeing and resilience resource pack

Contents

A Million Hands Big Moment	4
Calendar	4
Understand the issue	5
Plan action	6
Take action	8
Learn and do more	9
Tell the world	10

A Million Hands Big Moment

Speaking out for mental health

This pack introduces Cub Scouts to the topics of mental health and campaigning. Through activities supporting them to understand more about mental health and campaigning, it encourages them to become mental health champions.

Using Mind's 'You and Your GP' campaign, and their 'Find the Words' resources, Cubs will support people in their local community to have the tools to speak to their GP about mental health. By taking part, Cubs will raise awareness, make a positive difference to people in their community and reaffirm the message that everyone has mental health, as well as physical health. This pack has everything you need to support your Pack to take part in the Big Moment.

Why mental health?

In 2015, Scouts chose mental wellbeing and resilience as one of the four A Million Hands campaign issues. Anyone can experience a mental health problem: one in four people in the UK will experience a mental health problem each year. You can use this pack to start a discussion about mental health with your Cubs. You don't have to be an expert to talk about mental health, but for more information visit mind.org.uk/information-support/types-of-mental-health-problems/mental-health-problems-introduction.

Why are we targeting people visiting their GPs?

We want everyone with a mental health problem who visits their GP practice to get the support that best suits their needs. If you had an earache, you would go to the doctor, explain your symptoms, and expect to receive the treatment you need. For most of us, our local GP practice is the first place we'll go when we're physically unwell. It's there to help us with our mental health as well as our physical health. In fact, around 40% of all GP appointments are related to mental health.

Calendar

September 2018	October 2018	November 2018	December 2018	January 2019	February 2019
Look out for an email about World Mental Health Day	Understand the Issue	Look out for extra information about getting hold of our 'Find the Words' resources			
March 2019	April 2019	May 2019	June 2019	July 2019	August 2019
Plan action	Take action	Tell the world	Learn and do more		

Understand the issue

Mental health first aid kit

Overview: We all recognise the green boxes containing physical first aid kits; talk about feelings with your Cub Scouts and create mental health first aid kits to help them when their mental wellbeing is low.

Outcome: Cubs will have learned more about talking about how they feel, and will be aware of the importance of being able to identify how we feel and the things that can help us when we are sad.

Time: 1 hour

Equipment: Jenga blocks with words written on them, anything that can act as a container for their 'first aid' kit, stickers, coloured pens or pencils, and paper. If you don't have Jenga blocks, you can use anything which can have words written on them, for example Lego bricks, milk bottle tops, plasters, or pieces of paper.

Linked badges:

Community Impact Staged Activity Badge



Activity instructions:

- 1 The Jenga icebreaker can be played as a whole group or in smaller groups, and you can use regular or large Jenga. You may also want to use other creative ways to get Cub Scouts to pick words, for example, by writing them on slips of paper and putting them inside balloons for them to burst.
- 2 Prepare the Jenga blocks with feelings written on them. You could use words like 'happy', 'sad', 'upset', 'angry', etc.
- 3 Cubs take turns picking the blocks, and can describe the feelings that they have selected.
- 4 The group can then take turns thinking about what they can use to make happy feelings when they are feeling sad, upset or angry. This may be things like 'play football with my sister', 'watch my favourite cartoon', 'talk to mum or dad', or 'have a cuddle with my pet'. The Cubs should write down or draw these remedies. These may be different for each young person.
- 5 Cubs can then create their mental health first aid kit. Each Cub should be given a box to decorate. They could decorate it in pictures of things they like, cut outs from magazines or their favourite colours. The Cubs can then add their remedies to their mental health first aid kit and can be reminded that if they are feeling sad, they can use the ideas in there to help them. They should know that if they don't think anything in there can help, they can talk to someone for more help instead – just like a first aid kit can only be expected to help us with some things (a cut on our finger) but not everything (a broken arm).

While making the first aid kits, remind your Cubs that everyone has mental and physical health. Introduce the concept of equality between physical and mental health by asking the following questions:

- What happens when someone is injured or hurt?
- What happens when you're feeling sad or scared?
- Are they the same?
- Who is responsible for making sure there is someone to make sure you are OK and to help look after your mental health and physical health?
- Who helps them?

Note:

This might be the first time that a Cub has explored the issue of mental health or thought about going to the GP for that reason. Don't worry if you or your Pack doesn't know the answers to one or all of these questions. These can be difficult to answer, and it is important for you and your Pack to not feel embarrassed if you are not sure what the answer is. The aim of these questions is simply to highlight that while we know what to do when someone is physical hurt, and how to describe it to your doctor, things aren't always as straightforward when someone has a mental health problem.

If Cubs share their own mental health problems, let them know they can talk to you afterwards. If Cubs need to talk to someone about their mental health, Childline offers free confidential counselling 24 hours a day. They can call on 0800 1111 or go online to chat one-to-one with a counsellor at [childline.org.uk/get-support](https://www.childline.org.uk/get-support).

Remember the importance of using the [Young People First \(Yellow Card\)](#).

Plan action

Overview: Cubs learn more about what GPs do and how they can help by taking part in a myth-busting activity. They will then consider their local community, and who helps them there.

Outcome: Cubs will have a greater awareness of what GPs do and what happens at a GP practice, and that you can visit a GP with mental health problems as well as physical problems. They will also have thought about who helps us in the local community.

Time: 1 hour

Equipment: Posters with 'true', 'false' and 'unsure' printed on them (these could also be faces or colours), and resource with information about GPs. Flipchart paper/large sheets of paper, felt tip pens or coloured pencils, pictures of places in the local area, and glue.

Linked badges:



Activity instructions:

Icebreaker

- 1 Introduce the conversation about GPs, ideally by having a GP visit the session by contacting them in advance to see if they can support. Don't worry if this is not possible, as we know that GPs are very busy people!
- 2 Stick up the 'true', 'false' and 'unsure' posters around the room.
- 3 Read out the facts one by one.
- 4 Cub Scouts can stand next to the one that they think is right.
- 5 You can then read out what the answer is, with the supporting information.

Planning your wellbeing walk

- 6 Following this icebreaker activity, the Cubs can look at who else supports them in the local community, and where their GP practice is.
- 7 They can draw or write about places in their local community to create a map, including buildings such as schools, places of worship, mechanics, the dentist, and of course, the doctor.
- 8 The Cubs can then plan their route to the GP practice, if they are able to complete the wellbeing walk in the next section.

During the activity

Consider asking your Cubs the following questions to think through while they are creating the plan for their community:

- How do all these different places help us?
- What would it be like if we didn't know where they were, or we weren't sure how to say what we needed when we go there?
- What other ways are there to create positive change for mental health? For example, marches, campaign events, celebrity support, using hashtags on social media etc.

Take lots of photos – you'll need them to 'Tell the world' in May. If you have a Young Leader, why not ask them to take the lead on photographing the Cubs during the activities.

If you have a County Media Development Manager, contact them and discuss how they can help you with local media work. Monitor the local news for any press coverage and record it. If you don't have a County Media Development Manager, please contact the Scout Media Team on 0845 300 1818 or communications@scouts.org.uk.

Note:

This might be the first time that a Cub has explored the issue of mental health or thought about going to the GP for that reason. Don't worry if you or your Pack doesn't know the answers to one or all of these questions. These can be difficult to answer, and it is important for you and your Pack to not feel embarrassed if you are not sure what the answer is. The aim of this activity is to highlight being able to seek help for mental health as well as physical health.

Take action

Overview: Cubs will go on a 'wellbeing walk' in their local community to the GP practice to deliver the 'Find the words' resources. If this is not possible, they will send a wellbeing package.

Outcome: Cubs will know some of the ways they can support a campaign, and who helps us in the community.

Time: 1 hour

Equipment: Directions to the GP practice, copies of the 'Find the words' resources (you can get these by emailing scouts@mind.org.uk), a letter for the GP and potentially, an envelope and stamp.

Linked badges:



Activity instructions:

- 1 You should contact your local GP practice prior to your wellbeing walk, to check they are able to accommodate you visiting.
- 2 Plan a walk through your local community, going past various local services you identified when you were planning your action. You could think about inviting other Packs to join you.
- 3 Using the template provided, prepare a letter to your GP as a group and read it together with your Cubs to check everyone is happy with it. You could also make a poster as a group about going to the GP for mental health or a banner to carry with you whilst on your walk.
- 4 Go on your wellbeing walk and end at the GP practice. Once you get there give them the letter and poster and ask the Cubs to explain why mental health is important to them.
- 5 We understand that GP practices are often extremely busy, so if they are not open or cannot accommodate you, then you can still go on a wellbeing walk around the community, passing local services. Instead of visiting the practice, you can post the letter and poster to the GP.
- 6 If you have a County Media Development Manager, contact them and discuss how they can help you with local media work. Monitor the local news for any press coverage and record it. If you don't have a County Media Development Manager, please contact the Scout Media Team on 0845 300 1818 or communications@scouts.org.uk.
- 7 Leaders can use social media and the hashtag #AMillionHands to share content, blogs, and vlogs. Here are some examples of social media posts (don't forget to post a photo too):
 - Twitter: Our Cubs sending @MindCharity 'Find the words' information to their local GP to help support

people to talk about their #mentalhealth to their doctor. #AMillionHands

- Facebook: Cubs [insert Pack name] chose mental health as their 'A Million Hands' issue to focus on. Here they are sending @MindCharity 'Find the words' information to their local GP to help support people to talk about their mental health to their doctor. [Attach photo]
- Instagram: Cub [insert Pack name] are sending @MindCharity 'Find the words' information to their local GP to help support people to talk about their mental health to their doctor. #AMillionHands #mentalhealth #mentalhealthawareness #Scouts #socialaction

Learn and do more

Evaluation with postcards

Overview: Reflect with your Cubs on what you have been doing so far and what the next steps are.

Outcome: Cubs will understand mental health and know that more needs to be done to provide good support for mental health problems. Cubs will have committed to taking one of the actions below.

Time: 1 hour

Equipment: Blank postcards, pens, and anything else to decorate such as stickers.

Linked badges:



Activity instructions:

- 1 Hand out postcards to the Cubs.
- 2 Cubs can decorate the postcards to show some of the things they saw on their wellbeing walk.
- 3 On the postcards ask them to write:
 - One thing they've learnt about mental health so far
 - One thing they're going to do as a result of what they've learnt

For example, ask other people how they feel, talk about their mental health first aid kits, or tell someone else about their campaign and what they have learnt. The Cubs can be encouraged to think about the Jenga words from the 'Understand the issue' session.

- 4 Ask Cubs to put their name on the postcards and you can give them back a few weeks later, so they can think about whether they remember the session and have made that change.

The session can be as creative as you like, with pictures representing learning and activities.

Tell the world

Overview: Cubs tell their community about the campaign they took part in, and the difference they hope to make.

Outcome: The community will know that Cub Scouts care about mental health and that there is support available for them to talk about mental health problems.

Time: 1 hour to prepare, 1 hour to present

Equipment: Photos, copies of any vlogs/blogs, clippings from local newspapers, pens, and paper.

Linked badges:



Activity instructions:

- 1 Create a display with your Cubs in your meeting place, using their postcards and photos of their wellbeing walk.
- 2 Design invitations to invite members of the community to come and see the display. For instance, your local GP(s), friends, family, other Cub Packs from your District and your local Mind (so you can show them how you got on).
- 3 Hold a 'Words and wellbeing' celebration event showcasing your display. Maybe invite your guests to reflect on the event, and ask them the one thing they're going to commit to do as a result of what they've learnt.
- 4 Play some word-based games at the event, including group Scrabble, Jenga (from the 'Understand the issue' session), word association/storytelling games, or a word-based treasure hunt. You may have other word-based activities you can use. You can post photos and updates on social media with the hashtag #wefoundthewords.
- 5 Can you think about other ways to tell the world? For example, at a District event.
- 6 On the way out of your event, ask each guest to write on a Post-it note one thing they have learnt from your display, or one thing they are going to do differently. Provide them with a box to put these notes in.
- 7 After the event, let your Cubs look through the notes to see their impact.

Record your action and get your wristbands

If you haven't done it yet, please go to amillionhands.org.uk and record your action.

Send us an email at scouts@mind.org.uk with a picture of you on your wellbeing walk, or putting together the parcel for the GP, to get your free mental health wristband. Please remember to include your name, your Cub Pack's name, the number of Cubs in your Pack, your address and postcode.