

Glasgow Community Food Network
May event table notes
People Care with Srik

Problems

we internalise other people's issues

if we can't look after ourselves how can we support others?

Under resourcing – funding dependent
'we're doing too much'
'we can't keep up'

Mental Health First Aid

Branching Out

Good examples

Pastoral Care – TCV a good example of effective line management and good support. Big organisation with lots of resources! Take mental health seriously

Place to be - room in schools for pupils to 'just be'

Galgael – another good example of healthy organisational culture

Need an off load space as well as as relaxing space does there need to be a facilitator?

Facilitation Training – how NOT to internalise! **

"Is it fact or is it a thought" - think first.

Solutions...

Community Meal for Practicioners
Regular Meetup – Monthly
Bring and Share
No Agenda!
In the pub??

Team Building Budget!
Empowering Resilience