

<p style="text-align: center;">Ro-innleachd Slàinte Inntinn agus Sunnd</p> <p style="text-align: center;">Freagairt Bhòrd na Gàidhlig</p> <p style="text-align: center;">05 Sultain 2022</p>	<p style="text-align: center;">Mental Health and Wellbeing Strategy</p> <p style="text-align: center;">Bòrd na Gàidhlig Response</p> <p style="text-align: center;">05 September 2022</p>
<p>Tha sinn ag aontachadh leis an t-sealladh “Slàinte inntinn agus sunnd nas fheàrr dhan a h-uile” a thathar a’ moladh. Tha “dhan a h-uile” a’ ciallachadh gum bu chòir dhan t-sealladh agus an Ro-innleachd a bhith in-ghabhalach. Mar sin, bhiodh am pàipear Ro-innleachd deireannach a’ faighinn buannachd mhòr bho iomradh sònraichte air a’ Ghàidhlig agus mar a chuireas i ri slàinte inntinn agus sunnd.</p> <p>Tha cànan agus cultar a’ cruthachadh fhèin-mhiadh, a’ brosnachadh fhèin-mhisneachd, a’ mìneachadh fhèin-aithne agus a’ leasachadh maitheas na beatha. Tha a’ Ghàidhlig na pàirt de dhualchas na h-Alba. Tha i a’ meudachadh sunnd airson luchd-cleachdaidh, luchd-ionnsachaidh agus luchd-taic na Gàidhlig. Tha a’ Ghàidhlig a’ cur ris, ann an dòigh dheimhinneach, na bhios na daoine seo a’ smaointinn agus a’ faireachdainn mu dheidhinn am beathannan.</p> <p>Tha geàrr-chunntas na co-chomhairle ag ràdh “Tha sinn airson gum bi an Ro-innleachd stèidhichte air co-ionannachd agus còraichean daonna”. Tha seo a’ ciallachadh spèis co-ionnan airson na Gàidhlig taobh a-staigh “còraichean”. Bhiodh seo a’ comharrachadh gu bheil stèidh chànanach aig còraichean daonna, an àite stèidh chultarach a-mhàin.</p> <p>Cuiridh aithne na Gàidhlig taobh a-staigh na Ro-innleachd ri aon de na <i>Builean airson Coimhearsnachdan</i> a thathar ag iarraidh. Is e sin, “Tha coimhearsnachdan a’ cur luach air agus a’ toirt spèis do iomadachd, gus am bi daoine, a’ gabhail a-steach daoine le tinneas slàinte inntinn, comasach air a bhith beò saor bho stiogma agus leth-bhreith”. Mar eisimpleir, thathar ag aithneachadh gu cumanta gu bheil a’ chomas bruidhinn anns a’ chànan thaghte aig daoine (i.e. Gàidhlig) a’ cur gu mòr ri sunnd aig amannan tinneis no iomagain agus a’ dèanamh cinnteach à làimhseachadh co-ionannachd.</p> <p>Bidh a’ gabhail a-steach na Gàidhlig san Ro-innleachd a’ sealltainn poileasaidh Riaghaltas na h-Alba: “Tha Riaghaltas na h-Alba ag aithneachadh gu bheil a’ Ghàidhlig na pàirt bhunasach de dhualchas, dearbh-aithne nàiseanta agus beatha</p>	<p>We agree with the proposed vision “Better mental health and wellbeing for all”. “For all” means that the vision and Strategy should be inclusive. Therefore, the final Strategy document would benefit greatly from specific references to the Gaelic language and its contribution to mental health and wellbeing.</p> <p>Language and culture create self-esteem, nurture self-confidence, define identity and improve quality of life. Gaelic is part of the heritage of Scotland. It increases wellbeing for Gaelic users, learners, and supporters. Gaelic contributes positively to what these people think and feel about their lives.</p> <p>The overview to the consultation states that “We want the Strategy to be equality and human rights-based”. This means equal respect for Gaelic within “rights”. This reflects that human rights have a linguistic basis rather than simply a cultural one.</p> <p>Acknowledgement of Gaelic within the Strategy will contribute to one of its desired <i>Outcomes for Communities</i>. That is, “Communities value and respect diversity, so that people, including people with mental health conditions, are able to live free from stigma and discrimination”. As an example, it is generally recognised that being able to converse in one’s chosen language (i.e. Gaelic) can be a great contributor to wellbeing at times of illness or distress and ensuring equality of treatment.</p> <p>Taking account of Gaelic in the Strategy will reflect Scottish Government policy: “The Scottish Government recognises that Gaelic is an integral part of Scotland’s heritage, national identity and current</p>

<p>chultarail na h-Alba”¹. Tha Gàidhlig na cànan nàiseanta a tha air a bruidhinn air feadh na h-Alba.</p> <p>Bhiodh iomraidhean air a’ Ghàidhlig san Ro-innleachd a’ sealltainn an fhàis leantainneach ann san iarrtas airson ionnsachadh na Gàidhlig agus ùidh ann an cànan is cultar na Gàidhlig.</p> <p>Tha Foghlam tro Mheadhan na Gàidhlig (FMG) fhathast ga leudachadh air feadh na dùthcha. Thathar ag aithneachadh gur e roinn shoibheachail a th’ ann taobh a-staigh foghlam na h-Alba.</p> <p>Ann an sgoiltean-àraich, bun-sgoiltean agus àrd-sgoiltean, dh’fhàs àireamh nan sgoilearan FMG bho 4,328 ann an 2011-12 gu 6,272 ann an 2020-21. ‘S e àrdachadh de 45% a th’ ann an sin, le àireamhan sgoilearan bun-sgoile air a dhol suas còrr is 50%.</p> <p>Tha an t-iarrtas airson ionnsachadh na Gàidhlig follaiseach anns na bhios a’ cleachdadh làrach-lìn ionnsachadh cànan Duolingo Gàidhlig. Sa Mhàrt 2022, bha 431,000 luchd-ionnsachaidh beò air a’ chùrsa². Tha sin an coimeas ri mu 87,000 neach ann an Alba le sgilean Gàidhlig aig A’ Chunntas-sluaigh 2011.</p> <p>Fhuair <i>Suirbhidh Beachdan Sòisealta na h-Alba</i> o chionn 2012:</p> <ul style="list-style-type: none"> • Gu bheil a’ chuibhreann a tha ag ràdh gur urrainn dhaibh co-dhiù corra fhacal Gàidhlig a bhruidhinn air dùblachadh bho 15% gu 30%. • Gu bheil a’ chuibhreann a tha ag ràdh gun tuig iad co-dhiù beagan Gàidhlig air a dhol suas bho 25% gu 41%. <p>Thuirt faisg air dà thrìan (65%) den luchd-fhreagairt gum bu toil leotha na sgilean Gàidhlig aca a leasachadh.</p> <p>Tha an <i>Suirbhidh Conaltradh ris a’ Ghàidhlig Air-loidhne</i> a’ gabhail a-steach daoine òga ann an Alba eadar 11 agus 18 bliadhna a dh’aois. Lorg am fear as ùire³ gu bheil:</p>	<p>cultural life”⁶. Gaelic is a national language which is spoken across Scotland.</p> <p>References to Gaelic in the Strategy would reflect continuing growth in Gaelic learning and interest in Gaelic language and culture.</p> <p>Gaelic Medium Education (GME) continues to expand across the country. It is a recognised and successful sector within Scottish education.</p> <p>In nursery, primary and secondary schools the number of GME pupils grew from 4,328 in 2011-12 to 6,272 in 2020-21. That is an increase of 45%, with primary pupil numbers having grown by more than 50%.</p> <p>The demand for Gaelic learning is also evident in the uptake for the Duolingo language learning website. At March 2022 there were 431,000 active learners on the course⁷. That compares to around 87,000 people in Scotland with Gaelic skills at the 2011 Census.</p> <p>The <i>Scottish Social Attitudes Survey</i> also found that since 2012:</p> <ul style="list-style-type: none"> • The proportion who say they can speak at least the odd word of Gaelic has doubled from 15% to 30%. • The proportion who say they can understand at least a little Gaelic has increased from 25% to 41%. <p>Nearly two thirds (65%) of respondents said that they would like to improve their Gaelic skills.</p> <p>The <i>Engaging with Gaelic Online Survey</i> covers young people in Scotland aged between 11 and 18 years. The most recent one⁸ found that:</p>
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¹ <https://www.gov.scot/publications/co-chomhairleachadh-air-dreach-plana-gaidhlig-riaghaltas-na-h-alba-2021-2026/pages/4/>

² <https://www.scotsman.com/heritage-and-retro/heritage/duolingo-scottish-gaelic-course-passes-one-million-learners-3624358>

³ <https://youngscot.net/ysobservatory/a-bhith-an-sas-le-ghaidhlig-air-loidhne-engaging-with-gaelic-online>

⁶ <https://www.gov.scot/publications/consultation-scottish-governments-draft-gaelic-language-plan-2021-2026/>

⁷ <https://www.scotsman.com/heritage-and-retro/heritage/duolingo-scottish-gaelic-course-passes-one-million-learners-3624358>

⁸ <https://youngscot.net/ysobservatory/a-bhith-an-sas-le-ghaidhlig-air-loidhne-engaging-with-gaelic-online>



- Trian de luchd-freagairt ag ionnsachadh na Gàidhlig. Cha mhòr dà thrian airson Gàidhlig ionnsachadh air sgàth 's gun robh iad den bheachd gur e pàirt chudromach cultar agus fhèin-aithneachadh nàiseanta na h-Alba a th' anns a' Ghàidhlig.
- Tuilleadh air leth (59%) den luchd-fhreagairt aig nach robh a' Ghàidhlig ag ràdh gun robh ùidh aca ann a bhith ag ionnsachadh a' chàinain.
- Cha mhòr trì cairteal den luchd-fhreagairt gu lèir a' meas cultar is dualchas na Gàidhlig mar rud luachmhor no fìor-luachmhor.

Lorg *Suirbhidh Beachdan Sòisealta na h-Alba 2021: Beachdan Poblach mun Ghàidhlig ann an Alba*⁴ gu bheil 79% de dhaoine den bheachd gu bheil a' Ghàidhlig cudromach do dhualchas cultarach na h-Alba (le 34% ag ràdh "glè chudromach" agus 45% "gu math cudromach").

Tha luchd-cleachdaidh, luchd-ionnsachaidh agus luchd-taic na Gàidhlig moiteil às a' Ghàidhlig agus a cultar, a' cur ris an fhèin-mhiadh agus sunnd aca.

Mar a tha Ro-innleachd Turasachd Ghàidhlig na h-Alba aig Visit Scotland⁵ ag ràdh "Thàinig mòran iomhaighean a tha aithnichte gu h-eadar-nàiseanta, leithid am fèileadh, an uisge-beatha, am breacan agus a' phìob-mhòr, bho chultar na Gàidhlig" A bharrachd air sin "Tha a' Ghàidhlig cuideachd air am fighe a-steach nar cruth-tìre agus bailtean-mòra a tha ainmeil air feadh an t-saoghail le aithne sa bhad do leithid Loch Nis agus Cùil Lodair aig a bheil ainmean Beurla fhathast faisg air a' Ghàidhlig thùsail aca". **Tha seo a' cuideachadh dhaoine le bhith dèanamh ceangal leis agus a' tuigsinn àitichean agus traidiseanan an àite air a bheil iad a' fuireach no a' tadhal.** A-rithist, tha seo a' cur ris an t-sunnd aca

Tha pròis mhòr ann cuideachd anns na tha Ro-innleachd Turasachd Ghàidhlig na h-Alba ag ainmeachadh "saoghal beòthail an latha an-diugh aig cultar na Gàidhlig, a' gabhail a-steach ceòl, fèisean leithid Celtic Connections agus Fèisean, Mòdan ionadail agus nàiseanta" am measg gnìomhachasan eile. Tha an fheadhainn a tha an sàs san raon ealain is cultar na Gàidhlig làn mhothachail air an dreuchd a bh' aice ann a bhith **a' toirt taic do shunnd dhaoine** rè nan glasaidhean anns a' ghalar mhòr-sgaoilte.

- A third of respondents were learning Gaelic. Almost two thirds of them wanted to learn because they see Gaelic an important part of Scottish culture and national identity.
- More than half (59%) of the respondents who could not speak Gaelic stated that they were interested in learning the language.
- Almost three quarters of all respondents rated Gaelic culture and heritage as quite or very valuable.

The *Scottish Social Attitudes Survey 2021: Public Attitudes to Gaelic in Scotland*⁹ found that 79% of people think Gaelic is important to Scotland's cultural heritage (of which 34% say "very important" and 45% "fairly important").

Gaelic users, learners and supporters have great pride in the Gaelic language and culture, contributing to their self-esteem and wellbeing.

As Visit Scotland's Gaelic Tourism Strategy for Scotland¹⁰ states "Many internationally recognised icons, such as the kilt, whisky, tartan and bagpipes, have come from Gaelic culture" In addition "Gaelic is also embedded in our world-famous landscape and cities with instant recognition for the likes of Loch Ness (Loch Nis), Culloden (Cùil Lodair) whose names in English remain close to their original Gaelic". **This helps people connect with and understand the places and traditions of where they live or visit.** Again, this contributes to their wellbeing.

There is also great pride in what the Gaelic Tourism Strategy for Scotland terms the "dynamic, contemporary Gaelic cultural scene spanning music, festivals such as Celtic Connections and Fèisean, regional and national Mòds" among a range of activities. Those involved in Gaelic arts and culture sector are keenly aware of the role it played in **supporting people's wellbeing** during lockdowns in the pandemic.

⁴ <https://www.gaidhlig.scot/en/news/SSAS/> Bha seo air a dèanamh suas de dh'agallamhan le daoine aois 18+ le cuideam air na toraidhean a bhith riochdachail de dh'Alba a thaobh feartan sòiseo-eaconamach

⁵ <https://www.visitscotland.org/binaries/content/assets/dot-org/pdf/gaelic-tourism-strategy.pdf>

⁹ <https://www.gaidhlig.scot/en/news/SSAS/>. This comprised interviews with people aged 18+ with the results weighted to be representative of Scotland in terms of socio-economic characteristics

¹⁰ <https://www.visitscotland.org/binaries/content/assets/dot-org/pdf/gaelic-tourism-strategy.pdf>



Mu dheireadh, tha Bòrd na Gàidhlig den bheachd gu bheil e deatamach gum bi cothrom aig a' mhòr-shluagh agus euslaintich le Gàidhlig seirbheisean slàinte inntinn agus taic fhaighinn tro mheadhan na Gàidhlig. Bhiodh seo dha-rìribh cudromach ann an taighean-cùraim agus ospadalan ann an Gàidhealtachd agus Eileanan na h-Alba. Ged a dh'fhaodadh seo a bhith dùbhlach a thaobh luchd-obrach agus goireasan, bu chòir planaichean a bhith air an gabhail a-steach a rèir na ro-innleachd gus dèiligeadh ris na feumalachdan bunaiteach seo.

Finally, Bòrd na Gàidhlig believes that it is essential that the Gaelic speaking public and patients have access to mental health services and support through the medium of the Gaelic language. This would be particularly pertinent in care homes and hospitals in the Highlands and Islands of Scotland. Whilst this may prove challenging in staffing and resources, plans should be included in line with the strategy to address these fundamental needs.

