

# People in Partnership

# Newsletter

January 2020



People in Partnership work in collaboration with people who have lived experience of Mental Health issues, their Carers and external service providers to influence and develop Mental Health provision across Hailsham, Seaford, Hastings, Rother and Eastbourne.

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## The Links Project



The team attended the Hastings '[Links Project](#)' Drop-in last December to ask the community about what mattered to them in terms of mental health provision and emotional support.

The project provides multi-agency support and advice for asylum seekers, refugees and new migrant communities living in East Sussex. **People in Partnership are keen to hear the views of unrepresented communities** and will revisit the Links Project in the New Year to continue to develop relationships with participants of the project.

### Drop in:

Every Wednesday, 10.30am– 4pm at Concordia Hall, Church Road, St. Leonards

Every Monday, 10.30am– 12.30pm at All Souls Church Hall, Wellesley Road, Eastbourne

For further information please contact: 07752 495508

Tel: 01323 340151



Email: [PeopleinPartnership@Southdown.org](mailto:PeopleinPartnership@Southdown.org)

Time to Talk Day 2020

Choose talk, change lives.

#timetotalk



**'Creating Change for Our Young Peoples Future'.**

**Thursday the 6th February 2020, 10am—12.30 pm**

(Sussex Coast College, Station Approach, Hastings, TN34 1BA)

**'If everyone made one small change then together we could make a big difference! Help create stronger support for young people'**

In 2019 People in Partnership spoke to young men about mental health, stigma and support. We're inviting local organisations and partners to discuss this feedback with the view to jointly identifying stronger support pathways for this demographic.

[Book Here](#) or contact us: [peopleinpartnership@southdown.org](mailto:peopleinpartnership@southdown.org) / 01323 340151

## Spirituality & Faith forum

People in Partnership attended the Spirituality & Faith forum in Hastings last November to raise awareness about local Southdown mental health support services.

We were invited by Val Biggs (East Sussex County Council Outreach & Engagement officer delivering race equality programme in Mental Health Care) to talk to members of the Black & Minority Ethnic community and give them an opportunity to share some of their thoughts and feedback about mental health provision.

67% of the people we asked stated that they didn't have anyone to speak to when feeling stressed or worried. In addition, half of the participants we asked stated that they weren't aware of local support services that support wellbeing & mental health.

Two of the participants we spoke to explained that they would like to have more group drop-ins with support accessing them.

There were a variety of responses in terms of what participants found to be their main cause of stress. These included: past trauma, long term illness, cultural barriers (not being understood), lack of self confidence and loneliness. One participant explained that they feared for family members remaining in countries of conflict.

*"[I would like to see] 1:1 activities related to mental health with support from an interpreter" Anonymous, People in Partnership,, November 2019.*

**We are interested to continue our work with members of the BME community. For further information please contact us: [peopleinpartnership@southdown.org](mailto:peopleinpartnership@southdown.org) / 01323 340151**

Tel: 01323 340151



Email: [PeopleinPartnership@Southdown.org](mailto:PeopleinPartnership@Southdown.org)

## Carers Rights Day

Last November we promoted Carers Rights Day 2019; People in Partnership worked alongside Emma from [Imago](#) to identify & share information about local sources of support for young Carers.

On World Mental Health Day last year we spoke to over 100 young male students attending the Ore Valley campus in Hastings and reported that **over 50% of the learners we spoke to indicated that they cared for somebody with a mental health challenge.** Read our report [here](#).



Based on the high number of young Carers identified through our work in October 2019 we were keen to revisit the Ore Valley Campus on Carers Rights Day to promote local support services for young people and share some information around the role of a Carer and the kind of daily tasks they might assist with.

15% of the young people we spoke to on Carers Rights Day shared that they cared for somebody with a physical or mental health challenge.

Michelle and Emma also visited four groups at the college to share the importance of seeking support for caring roles. Emma also helped students to identify what constitutes a 'caring role' so learners were able to make informed decisions about whether they needed additional support or not.

(Above, Catherine & Emma share information with students on Carers Rights Day)

People in Partnership are keen to continue their work with Carers. If you would like to find out more about how you can get involved with our project and share your experiences please contact us:

[peopleinpartnership@southdown.org](mailto:peopleinpartnership@southdown.org)  
01323 340151

*"Being a Young Carer can have a negative impact on a Young Person... low confidence and self-esteem, low educational attendance & attainment and poor physical & mental health. It is East Sussex Young Carers aim to... highlight the positive impact of being a carer such as increased resilience, empathy, non-judgemental attitude and caring nature." [Imago](#), 2019*



For further information please visit:

<https://www.imago.community/> or call 01892 530330

Tel: 01323 340151



Email: [PeopleinPartnership@Southdown.org](mailto:PeopleinPartnership@Southdown.org)

## Volunteering Workshop

People in Partnership are delighted to welcome their newest Strategic Representatives to their service! (right).

Last December, we delivered our 'Introduction to People in Partnership' for new volunteers. Our service is represented by individuals and carers who each have their own lived experience of mental health challenges. This is used to positively influence the design and development of mental health provision.

If you would like to find out more about how you can be involved with the People in Partnership project then get in touch (Catherine.lulham@southdown.org)



"[I understand now that] I'm not alone, other people have been in [similar] situations" Strategic Representative, 2019

## Spotlight on Volunteering

This month we asked one of our volunteers to tell us about what activities they've been involved with.

"Every day is different; from attending strategic Mental Health Action Groups to local networking events. These events give me the opportunity to work alongside external providers and can result in access to external training opportunities. In December, I attended the Seaford Community Network (facilitated by [3VA](#) - supporting voluntary action in Eastbourne, Lewes & Wealden). Through this I was able to access training which means I am now a 'Dementia Friend'. By accessing additional training I've been able to update my CV reflecting what I've learnt; this adds to my skill set and improves my employment prospects. My increased confidence has reflected in my ability to approach and attain information from the wider population when collecting feedback for People in Partnership. I was asked to approach young men with a survey to explore and identify emotional wellbeing and mental health support needs & pathways for 'Time to Talk Day' 2019. I would've been hesitant to do this as little as a year ago but the confidence I've gained through being a part of the People in Partnership project meant that I was able to confidently approach and gather feedback from a large number of young people; information which has since been fed into service reports used in design, development & service reviews".

"As a Strategic Representative for People in Partnership I have access to a wide variety of opportunities related to improving and developing emotional wellbeing and/ or mental health services within East Sussex" (January 2020)



People in **Partnership** is provided by Southdown and funded by:



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