

# Southampton Mental Health Network Roundup

Hello everyone,

I hope that you are all keeping safe and well.

A massive thank you to all of those who have shared, signposted, or signed up as a telephone befriender following our appeal last week! The number of volunteers that have come forward is fantastic, and we thank you for supporting us, and those who are feeling extra lonely and isolated at the moment. That said, we are always looking for more people to come on board with this scheme, so if you, or anyone you know is interested, please do fill out one of the volunteer information forms on our website, and return it to myself—we would love to have you on board.

We are also happy to confirm the following dates for the following meetings:

- New Members Meeting, Friday 8th May 11am-12 noon.
- Full Group Meeting, Friday 22nd or Friday 28th May. Date tbc on speaker availability.

For those of you that don't know, the New Members Meetings are an opportunity to come along and see where we started, how we got to where we were, and ask any questions you may have about where you fit in with all of this. If you can't make it, but do have any questions, please feel free to drop us a line at any time!

Regarding the full group meeting, we envisage that it would work the same as a normal full group meeting—starting with a couple of talks, and then moving on to the overviews from the subgroup meetings.

Wishing you all the best,

Chloe.



**Don't forget to join in our movement #Cooee!** it's a great way to keep connected with neighbours in this strange time. To get involved, all you have to do is call out Cooee to any of your neighbours that might be within earshot at 12 o'clock (noon) - this can be from your doorstep, or through an open window.

# Getting Healthy Nights

A piece by Ling Salter, Compassionate Cuppa



Sleep. Something which we need to do everyday for every single day that we're alive. When there are many different stresses or commitments in our lives, the amount of time we sleep most often gets 'squeezed'. The quality of sleep can also be adversely affected. Poor sleep has been shown to increase inflammation in the body which decreases your immunity, making you more susceptible to disease. Plus being sleep deprived just feels rotten! Therefore it is important to consider what we can do to promote healthy sleeping, which is a cornerstone towards our wellbeing.

## **Wake up at the same time everyday**

Train your brain what is 'day' and what is 'night' by consistently keeping the same wake up time. This also helps the brain in separating sleep activity from the other activities we do when we are awake.

## **Follow a 1-hour wind down routine**

Help your brain be lead towards sleeping time by reducing the amount of stimulation it is exposed to. Try to do things that are relaxing and enjoyable, that cultivates a sense of calm and stillness. Dim lights, low level music or calming smells can help.

## **Only go to bed when you are sleepy**

Listen to your body. If you go to bed too early, which doesn't match your own body clock, you may find it more difficult to settle into sleep. You might yet bored, so it's important to have relaxing activities to do that help your mind 'switch off'.

## **Use the bed only for sleep (and sex!)**

The bed is the space to rest and recover from the day. If your work and home space has merged into the same property, it's crucial that you don't undertake your work from bed. Just using the bed for sleep encourages the brain to make those associations.

When our sleep patterns are disrupted, it can often take a while before we re-establish them. Sleep, unfortunately does not come easy to many of us. If we are in pain, have things weighing on your minds, have too much to do and not enough time to do it, sleep seems like a luxury. However, if we are able to create an environment makes it more conducive towards healthier sleeping, our minds and bodies will thank us for it.

## Connect and Create!

by Carolyn Barber

In Merseyside an award winning programme for dealing with stress, anxiety and depression, [Creative Alternatives](#), was developed as part of a 'social prescribing' initiative. The idea is that a GP or any other professional could refer someone for this alternative prescription - creative activity workshops instead of medication.

I love this idea, because all too often people don't realise how important and beneficial creative activities can be for our mental health and wellbeing. And here's the thing, you really don't have to have artistic talents or skills to join in creative activities. There are so many choices - from guerrilla knitters to singing, from pottery to water colours, from jewelry making to decorating shoes. Being creative can involve planting, growing things, baking or building sandcastles – anything that enables us to have fun, be inventive and use our imagination.

Very often if we're stressed, depressed and anxious, we stop doing the very activities we most enjoy. We lose motivation, feel there's no point, or that it's just self indulgent. That's why the notion of 'social prescribing' is so powerful.

So how can we go about being creative during the Covid 19 pandemic? Can we replicate the benefits of creative activities while self isolating and social distancing?

One way is to make an 'artist's date' with yourself. Book in two hours a week for play. This should be dedicated to a creative activity which you carry out on your own! It might be an activity you've enjoyed in the past - cooking something new, gardening, painting, sewing, writing, photography .... Or it could be literally playing, with lego bricks, plasticine, colouring - anything that involves making or creating.

Another method to encourage creativity is recommended by Julia Cameron in her book [The Artist's Way](#). She suggests writing 3 pages by hand every morning when you wake. Just write whatever comes into your head, then put it away and don't read it again for at least 8 weeks.

The benefit of this is in building the habit, just writing every morning, even if it's nonsense. She calls these Morning Pages and the practice can have a profound effect on opening up our creativity and a sense of wellbeing.

With the lockdown preventing creative community workshops and courses from happening, many new ways are being developed to get people involved online.

Some of these you can find in our [Resources for Resilience](#) pages, but I'm going to recommend one in particular which I recently discovered - [Creative Isolation](#) - an inspiring collection of on-line creative activities to explore during Covid 19.

*“Why should we all use our creative power.....? Because there is nothing that makes people so generous, joyful, lively, bold and compassionate, so indifferent to fighting and the accumulation of objects and money”* Brenda Ueland.

For more information and resources, or to join their mailing list for more insightful updates, please visit : <https://goodmentalhealth.org.uk>



### **Safe New Futures Choice Training Programmes:**

Safe New Futures is a charity that provides cognitive behavioural training (CBT) and vocational programmes to help those who are experiencing long term unemployment or are at risk of not being in Education, Training or Employment.

We help individuals improve their sense of value and self-worth and go on to achieve their true potential in life. Our programmes will give participants the tools to overcome anxiety, combat depression and discover your transferable skills and strengths to move into work experience, training or employment.

Currently, we are running our courses online and with such great feedback from our last online course, our next course on the **5<sup>th</sup> May 2020** is filling up fast.

To book or find out more, please contact [communications@safe.org.uk](mailto:communications@safe.org.uk) or call **02380 216010**



Susan Hayward

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[www.mhfatraining.wordpress.com](http://www.mhfatraining.wordpress.com)

## ADULT MENTAL HEALTH AWARE COURSE

We can still learn despite the lockdown!

Join an online Adult Mental Health Aware course

Wednesday 6<sup>th</sup> May

9am - 1 pm.

**What will you learn:** This is an introductory course designed to increase awareness of mental health, challenge stigma around it and increase an understanding of how to look after your own mental health.

**Who could attend:** You and anyone else who would like to know a little bit more about mental health without going into too much detail, in a safe environment lead by an experienced trainer.

Research and evaluation show that taking part in an MHFA England course:

- Raises awareness and mental health literacy
- Reduces stigma around mental ill health
- Boosts knowledge and confidence in dealing with mental health issues
- Promotes earlier intervention which enables earlier recovery.

All those completing the online course will receive:

- Certificate (emailed from Mental Health First Aid England directly to your inbox)
- Manual and workbook in the post.

The cost is discounted for Southampton Mental Health Network members to £75pp (RRP £125). If you are really keen to join – talk to me!

Would you like to join us? Please email me on [Sue.mhfa@gmail.com](mailto:Sue.mhfa@gmail.com) or phone 07810511784 (if I cannot answer the phone, please leave a message and I'll phone you back as soon as I can). More dates to follow – please enquire.



Helping to fund the No Limits Charity through commercial services

**No Limits** - <https://nolimitshelp.org.uk/were-still-here/>

**Advice Centre** - The No Limits Advice Centre is closed, however you can access the same advice and support from one of our friendly Youth Workers by phone, email or webchat.

**Groups** - All our groups have been suspended until the end of May, however we are working hard to setup video chat so we can create virtual groups for our existing support groups.

**Counselling** - All face-to-face counselling is moving to telephone counselling until the end of May.

**Schools and Colleges Drop-ins** - Due to school closures, we are not currently providing this service, however if you need support from a member the team, please phone, email or start a web chat with us.

**Emergency Department** - Our work support young people in crisis in the Emergency Department at the University Hospital Southampton has been suspended, however support is still available by phone, email and web chat.

**No Limits Trading** - <http://nolimitstrading.org.uk/>

For the Schools who have contracts with us, counselling has moved from face to face to telephone counselling until further notice.

Counsellors are available to offer paid telephone counselling to any age client (not just young people). Contact [info@nolimitstrading.org.uk](mailto:info@nolimitstrading.org.uk) for more details.

## Young People's Survey

Can you help distribute this survey for No Limits? They are gathering the opinions and experiences of young people (11-25) during Covid-19. If you can, please distribute to anyone that you would know that falls into this bracket.

[https://forms.office.com/Pages/ResponsePage.aspx?id=1BDW8SmwFUO\\_ZdLTnBMJLhaPi3x29D9FgpdKXtsWkNJUNjJISkNFNkUzN1ZCVjBaTkpQSVpYnENTQiQIQCN0PWcu](https://forms.office.com/Pages/ResponsePage.aspx?id=1BDW8SmwFUO_ZdLTnBMJLhaPi3x29D9FgpdKXtsWkNJUNjJISkNFNkUzN1ZCVjBaTkpQSVpYnENTQiQIQCN0PWcu)

Thank you.

# NO LIMITS

Helping Young People  
Help Themselves

## • NO LIMITS SUPPORT SESSIONS •

No Limits Youth Workers are running support sessions via Zoom on a number of topics to help support children and young people with their health and well-being. If you'd like to sign up to any of our sessions, or you'd like to find out more, please phone 02380 224 224 or email [enquiries@nolimitshelp.org.uk](mailto:enquiries@nolimitshelp.org.uk).

|   |                                   |
|---|-----------------------------------|
| <b>ONLINE SAFETY</b>                    | <b>27TH APRIL<br/>2:30-3:30PM</b> |
| <b>KNIFE CRIME</b>                      | <b>28TH APRIL<br/>1:30-2:30PM</b> |
| <b>BUZZ</b>                             | <b>29TH APRIL<br/>12-1PM</b>      |
| <b>EMOTIONS - HOW<br/>AM I FEELING?</b> | <b>30TH APRIL<br/>12-1PM</b>      |
| <b>RELATIONSHIPS</b>                    | <b>1ST MAY<br/>2-3PM</b>          |
| <b>BUZZ</b>                             | <b>5TH MAY<br/>12-1PM</b>         |
| <b>ANGER</b>                            | <b>6TH MAY<br/>12-1PM</b>         |
| <b>ANXIETY</b>                          | <b>7TH MAY<br/>12-1:30PM</b>      |

To keep up-to-date with the latest updates to our services, follow us on Facebook, Twitter, Instagram or LinkedIn, or visit: [www.nolimitshelp.org.uk](http://www.nolimitshelp.org.uk)



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**ONLINE SAFETY**

**KNIFE CRIME**

**BUZZ - DRUGS  
AND ALCOHOL**

**RELATIONSHIPS AND  
SEX EDUCATION**

**MANAGING MY EMOTIONS  
- ANGER & ANXIETY**

To keep up-to-date with the latest updates to our services, follow us on Facebook, Twitter, Instagram or LinkedIn,  
or visit: [www.nolimitshelp.org.uk](http://www.nolimitshelp.org.uk)



What's happening at Solent Mind?



**COVID-19 Helpline:** 02380 179049

Phonelines are open Monday– Friday 10am-2pm (excluding bank holidays.)

**Peer Support Groups:** Log on to [elefriends.org.uk](https://elefriends.org.uk) for their virtual peer support group, every day 10am – 12noon.

**Telephone and text support:** Text 07451 276010 and we will call or text you back.

**Lighthouse:** The Lighthouse is currently closed, however, over the phone support will be available between 4.30pm-12 (midnight). Simply text 'lighthouse' plus your postcode (for example LIGHTHOUSE SO14 OYG) to the Solent Mind number -07451276010. Staff will then contact them via telephone, email, webchat or text.

For more information please visit: <https://www.solentmind.org.uk/>

**Please see the Weekly Creative Options Programme:**

Monday 11am Photography

Monday 2pm Singing

Tuesday 11.30am Exercise Class

Tuesday 6pm Isolation support group

Wednesday 11am Quiz!

Wednesday 12.30 Wellbeing talk and support

Thursday 2.30pm Women's Group

Friday 10.30am Men's Group

Friday 2pm Art



**CREATIVE OPTIONS**

COMMUNITY PROJECT

Registered charity no. 1169194

Floristry and Cooking demonstrations to follow, so watch this space!

To access these groups, please use the link in the google calendar blow:

<https://calendar.google.com/calendar/b/1?cid=Y3JIYXRpdmVvcHRpb25zZGF2aWRAZ21haWwuY29t>