

Southampton Mental Health Network

Roundup

Hello everyone,

I hope that you all are keeping safe and well .

Firstly, a massive thank you to everyone who sent in for this week's roundup, and thank you to you all as well, for your continued ongoing support, and the efforts made by everyone to continue supporting our Community in the face of adversity.

Just a reminder that we are holding our Engagement Subgroup Meeting next Thursday (30th) from 9.30-11am. We will circulate the agenda and Zoom link closer to the time, but it would be great to see as many of you there as possible.

As some of you may have seen, I also circulated some Doodle polls this week for New Members Meetings and a Full Group Meeting—if you could please let us know your availability for these by next Thursday, that would be much appreciated.

For those of you who don't know, we hold the New Members Meetings as an informal means for people to get to know us, find out how we got to where we are, and to ask any questions they may have in a relaxed / informal environment.

We are also looking to run the main group meeting as we would face to face, with a couple of talks on upcoming projects / areas of interest (Topics and Speakers tbc.) with time set aside for Q+A afterwards, followed by a brief feedback of activity from the subgroups. It would be great to see you all there!

That's all from me, so take care everyone and stay safe.

Wishing you all the best,

Chloe.

The Power of Inspiration

A piece by Ling Salter, Compassionate Cuppa



INSPIRATION IS ONE OF
THE GREATEST GIFTS
BECAUSE IT OPENS YOUR
LIFE TO MANY NEW
POSSIBILITIES

Captain Tom Moore. A very special man with a meaningful cause of raising £1000 for the NHS. He had pledged to walk lengths in his garden. He was days away from his 100th birthday, so wouldn't it be great if he was able to reach his target? Once the word had got out, the story had caught the hearts and minds of the nation. The crowdfund has raised millions of pounds and continues to rise. Furthermore, Captain Tom Moore has contributed to the recording of the charity song 'You'll never walk alone' with Michael Ball. This is topping the charts – what a wonderful way to reach 100! It's a lovely story, and Captain Tom Moore is an inspiration to us all.

Inspiration is the power of connection – connecting what you see elsewhere that gives you the basis of your onward actions. The connection is about something you deeply value or means a lot to you. People are often a strong source of inspiration; you admire something about them or what they are doing. Where you find inspiration can be from anywhere – from nature or animals, places where any of your senses that connects to an idea. From the seed of an idea, you gravitate towards what's possible to do or be in your world. Those possibilities are endless.

Changes can often be inspired by times of adversity, where solutions are called for. Just as in Captain Tom Moore's case, the pandemic had inspired him to fundraise. It also feels good when we are inspired. Each of us can be inspired towards action for good, either for ourselves, for others or towards a meaningful cause. Who or what inspires you? Your resulting actions big or small, you never know where it might lead to. In turn, your actions can help inspire others to make further changes for good...



<https://www.compassionatecuppa.co.uk/post/the-power-of-inspiration>

**United Parents
UP**

ARE YOU PARENTING ALONE?

United Parents (UP) is a fun and encouraging group for single parents to find support and friendship.



**WE ARE CURRENTLY
MEETING VIRTUALLY
VIA THE ZOOM APP
AND WOULD LOVE YOU
TO JOIN US**

Just send us an email or a Facebook message and we will add you to the group.

Fun,
support &
friendship
for single
parents

**FRIDAY MORNINGS
9.30-11.00**

[www.facebook.com/
united.parents.southampton](https://www.facebook.com/united.parents.southampton)
unitedparents@hotmail.com



THEATRE
FOR
LIFE

APRIL / MAY FREE LOCKDOWN PROGRAMME | WEDS @7.30 PM



29th April & 13th May
Creativity & Wellbeing with Theatre for Life & Solent Mind. Drama, creative writing and mindfulness to reframe beliefs and support anxiety management.

 mind | Solent
for better mental health



6th May
Spoken Word & Performance to Page workshop with professional poet Desree (Artist in Residence for EMPOWORD / Ambassador for MQ Mental Health Research Charity). Exploring self esteem through the spoken word.



20th May
Movement and improvisation with professional Dance Artist, Luke Brown. Storytelling and self discovery through the freedom of movement.

New April / May Lock down Programme:

Suitable for 14-25 Year olds.

All our workshops are led by professional facilitators in the arts and will use their creativity to support wellbeing throughout this time.

29th April and 13th May

Work with Theatre for Like and Abigail Oakley for the Mental Health Charity Solent Mind.

These sessions will include:

- Reframing Mindsets
- Mindfulness
- Relaxation
- Coping Strategies
- Anxiety Management
- Creative Writing

6th May

Work with Desree, a spoken word artist, writer and facilitator who loves to explore intersectionality, justice and social commentary in her work. This is an interactive session in scriptwriting, developing material from page to performance.

Desree is the artist in residence for EMPOWORD and producer for both Word Up and Word of Mouth. She was a finalist in 2018's Hammer & Tounge and has featured at events all around the UK—including Glastonbury 2019, and internationally, performing at Royal Bowery Poetry, New York.

<https://www.iamdesree.co.uk/>

20th May

Work with Luke Brown in a movement session using improvisation to develop storytelling and self discovery.

Luke Brown (BA Contemporary Dance Performance) is the Artistic Director of Luke Brown Dance. Having completed his degree with Intoto Dance Co. he has gone to perform with critically acclaimed companies such as Frantic Assembly, The English National Opera, as well as performing with Ben Wright, Junk Ensemble and Lila Dance Company to name a few.

<https://www.lukebrowndance.com/>

To book a place on any of these courses, please follow the link below:

<http://www.theatreforlife.co.uk/education-community>

You will need to complete and return the consent form (Parent / Guardian to complete on behalf of under 18s) before you can attend any of these sessions. Once this is complete you will be invited to join via a Zoom Link.

For more information, please visit: www.theatreforlife.co.uk

PARENT SUPPORT LINK

Parent Support Link have moved online. They are currently running support groups and 1:1 sessions on Zoom and WhatsApp.

For more information about the services and support groups run by PSL please visit: <https://www.parentsupportlink.org.uk>

Or call their 24 hour helpline: 02380 399 764



Helping to fund the No Limits Charity through commercial services

No Limits are still here to provide advice and support to children and young people up to the age of 26:

Phone If you would like to speak to a Youth Worker on the phone, you can phone 02380 224 224 during our normal Advice Centre opening times.

Email You can email enquiries@nolimitshelp.org.uk to speak to a Youth Worker for advice and support. Our emails will be monitored during our normal Advice Centre opening times.

Web Chat We have launched a web chat service on our website so you can speak to a member of our team. To access our web chat, please visit: www.nolimitshelp.org.uk. Our web chat service will be available during our normal Advice Centre opening hours.



Board in the City CIC are continuing to run their fantastic quizzes! The next one is this Saturday from 7.30-9pm. Details will go on the Facebook Event Page, including the link to the quiz on the night:

<https://www.facebook.com/events/1342026562663760/>

SOUTHAMPTON CITY COUNCIL EMPLOYMENT SUPPORT SERVICE

We have stopped all face to face meetings and work clubs, and postponed events and Employability Courses. We are still conducting virtual meetings with clients by phone, email and video messaging. Please contact your Employment Officer for advice. We are still accepting referrals for our projects and new clients will be contacted as soon as possible. You can find [advice and guidance](#) online. Follow us on Twitter [@sotoncareers](#) for updates.



Emma from Create and Prosper is continuing to run weekly crafts via Facebook Live every Friday from 11.30am– 1.30pm. This week's craft is Clay Pots and Emma will even deliver the materials to your door! The craft packs cost £5 a head to cover the costs of materials. To contact Emma about crafting at home, please call her on 07986 367 165 .

Please visit Emma's Facebook Page Below for full details, and to access her Livestream on Friday:

<https://www.facebook.com/events/s/clay-vases/238732607509891/>



Telephone befrienders needed!

Do you have half an hour a week to spare to help someone in need? Communicare is looking for a team of volunteers to help telephone befriend those who are isolated and who we know have mental health challenges.

During these trying times we want those we support to know that they have someone that they can chat to wherever they are. Unfortunately, as a good neighbours charity, those identified with mental health challenges often wait the longest on our waiting list, and volunteers feel less confident about getting involved, which is why we really need your help.

All this involves is a half an hour call, a friendly chat, to check that they're okay. No prior training or qualifications needed, just a kind heart, a listening ear, and a bit of empathy and a desire to understand. From the start we outline that our volunteers are not trained counsellors or mental health professionals, just a kind, empathetic, listening ear. We will signpost our clients to professional support services within the Network for challenges and difficulties outside of this 'befriending' scope.

Our scheme differs from many others on offer in that lived experience is not a pre-requirement. Empathy and a desire to understand are the key qualifications here.

If you have just half an hour a week to spare for someone else, your help would be truly appreciated.

To get involved, please fill in one of the volunteer information forms on our website and return it to: smhn@communicareinsouthampton.org.uk

Thank you

Please also join our movement #Coee—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 Coee 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.



Please see the Updated Creative Options Weekly 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

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

If interested, their art group with Alvaro (Facebook Page) has loads of access to art history, artist, demonstration and project information. So if you are an avid art lover, please check it out.

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

<https://calendar.google.com/calendar/b/1?cid=Y3JIYXRpdmVvcHRpb25zZGF2aWRhZ21haWwY29t>



CREATIVE OPTIONS
COMMUNITY PROJECT
Registered charity no. 1169194