

Southampton Mental Health Network Roundup

Hello everyone,

I hope you and your families are well, and that you are taking care in these uncertain times.

Thank you to everyone who has sent in for this week's roundup—it is so important to have the most up to date information about what is currently happening, and how our much needed services are changing in the current climate—without you this would not be possible, so thank you.

As I have previously mentioned, we will be sending out weekly roundups, so please keep sending us your updated information as and when it comes in.

As you may have seen from my email earlier today, there was actually a draw in the most popular names to take over the SUN. For those of you who don't know, the SUN (Service Users Network) is a group which aims to consult and shape mental health services going forward in the city of Southampton. It is not a peer support group at the name currently suggests. We will therefore be taking another vote between these two names, to decide the 'winner'. Please vote by using the link below:

<https://www.surveymonkey.co.uk/r/Q2QVKS5>

We will be announcing the 'winner' Tuesday 7th—so please vote before then!

We also sent out a poll last week asking whether or not the subgroups (carers, SUN, Communications and Funding) would like to meet online, via Zoom. As the majority have voted 'yes' we will be sending around Doodlepolls shortly, so that we can continue to run 'virtual meetings' - and try to carry on and progress as best we can at this uncertain time. We will send these out at the

Beginning of next week. The selection will include a variety of dates and times (including outside of normal working hours and the weekends) for those who are continuing to work either from home or as essential workers. We must be mindful that not everyone will be able to work from home at this time.

That's all from me, so just a quick note to say please look after yourselves and your families—both physically and mentally—in these particularly trying times.

Best wishes and stay safe,

Chloe.



CREATIVE OPTIONS

COMMUNITY PROJECT
Registered charity no. 1169194

Creative Options are now running all of their groups online! Please see the link below to their online calendar, where you can see a full list of what is running and when. All of the meetings are being run via Zoom, and all of the details are available on the calendar.

https://calendar.google.com/calendar/r?cid=Y3JIYXRpdmVvcHRpb25zZGF2aWRAZ21haWwuY29t&fbclid=IwAR0As_X_x8nCbYJRUy-cMt22b96_euTPu0SCeoGcAArV9SwYWZVX2Vnl6el

For more information, please visit their Facebook page:

<https://www.facebook.com/Creative-Options-666292103428497>

Or visit their website:

<https://creative-options.weebly.com/>



Southampton City Council has launched a **Community Support Hub** and a **dedicated helpline - 023 8083 4800**, in response to the COVID-19 crisis, to ensure that the most vulnerable people across the city have access to the support they need.

The **Community Support Hub** will bring together support from across the city including the NHS Southampton CCG, Southampton Voluntary Services and other voluntary and faith groups.

This service will prioritise those who have received a letter from NHS England stating they are in a priority group and are unable to rely on family or friends for adequate practical support.

It will provide:

- A dedicated helpline - **023 8083 4800**, open **Monday to Friday, 8.30am to 5pm** if you are in a **vulnerable group**, in critical need and have no other means of support
- **Emergency food** and **social contact**, if needed, to those who have registered for support after having received their letter from NHS England
- **Signposting** and **connecting people** to voluntary organisations and community groups in their local area for support, and linking residents to an appropriate service, which may be provided by the Council or the Voluntary sector
- As well as to support queries and issues, such as if you are unable to pay council tax or if you cannot pay your rent.

You can also access help via our ['I need help' webpage](#).

More support

Southampton City Council have been working in partnership with [Southampton Voluntary Services \(SVS\)](#), who have created a database on [SO:Linked](#) where you can search locally for **help, guidance** and **services** by **postcode**.

Here, you can find information on local practical support, food and medicine deliveries, OAPs / vulnerable people, advice, guidance and signposting, support for keyworkers, emotional support, substance misuse and '**things to do**'.

For more information, and latest advice and updates on services please visit Southampton City Council's [Coronavirus webpage](#).

Please pass this information on to anyone you think may be vulnerable and without help or support.



Solent Mind have an absolute wealth of online resources available online for tips and ideas on looking after your mental health.

They have set up an 'update' page to keep people up to date with the changing nature of the service during these uncertain times. This page not only contains full details as to how each of their individual groups and services will be changing, it also provides a number of toolkits free to access and download— one on Loneliness, and one for families— as well as an extensive list of external resources , ranging from local council guidance, to Anxiety UK.

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

Wellbeing at work have some fantastic advice for looking after yourself , your staff and your business whilst working at home:



Accepting what is

'You can't stop the waves, but you can learn how to surf' Joseph Goldstein

The more we can accept that the world as we knew it has gone, the faster we can focus on creative and sustainable ways of adapting, managing and living productively and well through this time of physical isolation.

Managing uncertainties and fears

We're in a new and evolving situation where we no previous experience to draw from. Inhabiting and navigating the unknown can be scary and we have to find ways of managing our fears. Loneliness and isolation amplifies anxiety.

Whenever fears or anxieties pop into your mind try -

- **Distracting yourself** – do something you enjoy
- **Moving** – stretch, dance, run up and down stairs
- **Breathing slowly and deeply** to switch your body from stress into a calmer place

Planning 'what I would do if..' when we're feeling calm allows us to use our rational logical mind for that planning. if we wait until we're actually in the difficult situation where we're feeling stressed, our thinking will be cloudy.

Check out [Guy Winch on YouTube](#).

Choosing to be positive

'The best way to create your future is to create it' - Abraham Lincoln

In the face of uncertainty we choose what we believe to be true - why not make it something positive? The unknown offers us an opportunity to create a life, a business, a world that is better than the one that has so abruptly left us.

Looking after your staff will help you look after your business now and in the longer term

'Beginning with the end in mind' (the 2nd Habit of Stephen Covey's [7 Habits of Highly Effective People](#)), coach yourself and each other some with these questions -

- What do you want for yourself personally, your team and your business 1 day, 1 week, 1 month, 3 months, 6 months, 12 months... ahead?
- What do you need to be doing today to help make that happen?
- What challenges might you face?
- How could you overcome them?

Involving your team in these discussions will help them to -

- Accept and cope with current uncertainties
- Connect with positive visions for themselves and the organisation manage their expectations about the future.

Positive things you can do to build mental wealth and resilience

Investing in helping your people stay positive, engaged and motivated now will help them adapt, innovate and be productive as your business picks itself up after the crisis

This is even more important if they're currently working from home or [furloughed](#)

- Hold regular virtual **team huddles**
 - Set up a **daily 'share'** – a photograph, a recipe, a film, a joke, a quiz, a tip...
 - **Sing** (and laugh!) together over Zoom
 - Set up a **buddy scheme** – 2 or 3 people who trust each other keep in regular contact, asking the emotional questions and supporting each other. There could be an agreement about what (if anything) gets shared with managers
- Set up some **fitness challenges** – e.g. step counts, cycled miles, all following an exercise video at the same time, [Couch to 5k NHS challenge](#).

What we focus on becomes our reality

'Change your thoughts and you change your world' Norman Vincent Peale

Conversations you could (and should) be having with your staff to manage wellbeing, motivation and productivity now, build for the future and fulfil your duty of care.

[Listening well](#) helps people open up and be honest. It's easier face to face and still very possible on the phone - people will 'hear' your nods, smiles and eye contact. Ask -

- How are you?
- What's going well?
- What are you doing to stay fit and healthy?
- How would you let me know if you're struggling a bit?
- How might I know if you were feeling a bit low? – what signals should I look out for?
- If you do become a bit down or overwhelmed, what could I do to help?
This is especially important with any potentially vulnerable members of your team, particularly those living alone or with mental health challenges, having caring responsibilities and/or at risk of abuse.

For more information and guidance look at [Mind's Wellness Action Plan](#)

You want to feel resourced to respond positively to anything people might say - there are links to resources on the [Wellbeing@Work web pages](#)

It is also very important that you look after yourself – who could you buddy up with?





Wellbeing@Work is here to support you - please [get in touch!](#)

The [Wellbeing@Work webpages](#) contain a help yourself toolkit of employer resources including information to 'print & pin' on your [Health & Wellbeing Noticeboard](#) and health and wellbeing signposting to support your staff.

We're available to [help you think/talk](#) through what you could do to promote, encourage and support health & wellbeing in your place of work.

Please share this Newsletter with other managers and businesses – [Visit our webpages for more about how and why to invest in employee health & wellbeing.](#)

Please share information and resources freely with your staff.

Want to find out how we can help you and your business? Do please get in touch wellbeingatwork@southampton.gov.uk

Dementia Soirée

Carolyn Barber is holding weekly Soirées for those living with dementia, and their carers. It will be running every Tuesday at 6pm. If you would like to join, please email kjbm37@gmail.com for the Zoom link.

Coffee and Cake Friday's have all been moved to over the phone chats. These are once a week, every Friday. If you would like to join this group, or be added to the rota to call on others, please contact Carolyn on the email above.

The Frazzled Café Moves Online

About The Frazzled Café:

We live in a time where a life crammed to the hilt is considered a success story, yet so many of us are struggling with the pressure and afraid to admit it. Frazzled Cafe is a registered charity founded by Ruby Wax, OBE, with the mission of providing safe and non-judgemental peer support meetings across the UK where people who are feeling overwhelmed by the stresses of modern life can come together to talk openly, connect and feel heard. Where it's ok, to not be ok.

Please take time to observe our [Terms and Conditions](#) and our [Guidelines](#) to ensure Frazzled Cafe is right for you.

If you are interested in joining the Frazzled Café online Community:

We'll be piloting two formats; a larger group forum (up to 50 people) hosted by Ruby Wax and smaller meetings hosted by our trained Frazzled Cafe Facilitators that mirror our 'in person' model with a maximum of 12 attendees to ensure that everyone has the opportunity to contribute.

The next meeting will be Thursday 2nd April 7-8pm, they will then be running at this time every Thursday. To book a place for this session, please register online at: <https://bookwhen.com/frazzledcafeonline#focus=ev-skq0-20200402190000>

We're anticipating quite high demand for places so if you are unable to get one this time please don't worry, we will be adding more dates to the schedule over the coming days.

Feel free to get in touch with any feedback or suggestions you have via team@frazzledcafe.org and remember, we are in this together.

For more information, please visit: <https://www.frazzledcafe.org/about>

**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**

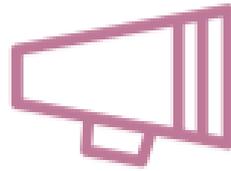
Just send us an email or a Facebook message and we will add you to the group.

Fun,
support &
friendship
for single
parents

**FRIDAY MORNINGS
9.30-11.00**

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





SAFE NEW FUTURES

REMOTE LEARNING

Just a quick update to let you know we shall be continuing to run our courses remotely, through the current lockdown.

COURSE DATES:

Adults course: beginning 30th April

Contact Michael at:

courses.admin@safe.org.uk

Youth course: beginning 28th April

Contact Oana at office@safe.org.uk

Phone us on: 07518 488178 or 02380 216010





With the recent Corona Virus news Safe New Futures have had to strongly reconsider how we run our courses. We are currently using Zoom to deliver Webinars and are also looking to create an online learning portal to coincide with or as an alternative to our face-to-face teaching systems. We are aware that we are only able to reach a limited number of people using our face-to-face technique, so we hope that the online learning platform will allow us to reach a larger audience, during and after this pandemic.

For further updates and information, please visit:

Facebook: <https://www.facebook.com/safe.org.uk/>

Instagram: <https://www.instagram.com/safenewfutures4/>

Website: <http://www.safe.org.uk/>

If you have any further questions, please email: communications@safe.org.uk

A message from St Deny's Activity Group:

Owing to growing concerns about the spread of the Corona virus and guidelines from the Government, the St Denys Activity Group has been suspended until further notice. At this time we are not able to say when we are likely to reopen but we would strongly urge our service users to follow Department of Health and Government advice and keep safe. As you can see from the news and media the virus needs to be taken seriously and all service users are urged to protect themselves by isolation, keeping a 2 metre distance and washing their hands as recommended in the guidelines. People under health care professionals and support workers are advised to keep in touch with them by phone and follow their advice. This information will be updated when the situation has improved.

STAY SAFE EVERYONE.