

Public Health Mental Wellbeing Newsletter

**Better
Health** North
Somerset



**MENTAL
HEALTH
AWARENESS
WEEK**
13-19 MAY 2024

Mental Health Awareness Week 2024 will take place from 13 to 19 May, on the theme of “Movement: Moving more for our mental health”.

Movement is important for our mental health, but so many of us struggle to move enough. We know there are many different reasons for this, so this Mental Health Awareness Week we want to help people to find moments for movement in their daily routines. Going for a walk in your neighbourhood, putting on your favourite music and dancing around the living room, chair exercises when you're watching television – it all counts!

Moving Medicine

Moving Medicine is the ultimate resource to help healthcare professionals integrate physical activity conversations into routine clinical care. There are step-by-step guides to physical activity conversations in clinical practice, including for anxiety and depression.



There are guides for 1 minute, 5 minute and more minutes conversations. There is also an activity finder that recommends specific activities for specific conditions.

For more information, visit the Moving Medicine website:

<https://movingmedicine.ac.uk/>

Walk this May as part of North Somerset Walk Fest

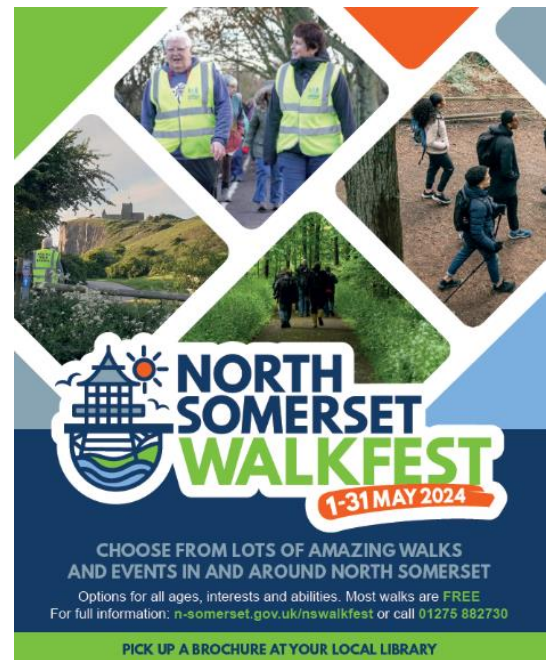
People across North Somerset are being encouraged to take part in National Walking Month, for the 4th year running, as part of North Somerset Walk Fest. The festival will be a celebration of all things walking with the majority of walking activities being offered for free. We have partnered with Bristol Walk Fest, who are celebrating their 10th year of the festival.

Walking is a great way to improve both physical and mental health, and there are lots of opportunities to enjoy walking in North Somerset. Walking is a simple, free way of being more active and is ideal for people of all ages and fitness levels. As well as the health benefits, walking can be a great way to explore your local area, finding out what's on your doorstep – whether that's local nature and environment or shops and businesses. There are so many opportunities to encourage better mental health and wellbeing through connections, conversations, and the experience of being outside in our environment.

Join in with North Somerset Walk Fest by picking up your free programme from a local library, or downloading the below information from our website:

- [Walk Fest programme](#) – find out what walking activities are happening every day! The programme is packed with lots of amazing walks and events in and around North Somerset, from guided walks, to walking sports and networking walks.
- [Walking cafes](#) – head to one of the walking cafes to pick up a local walking route map. Some cafes will also be offering a discount or special offer to Walk Fest participants!
- [Walk Every Day in May](#) - Challenge yourself to walk every day in May! You can walk for as long as suits you – even 10 mins each day and you'll feel the difference. Download our calendar and track your progress.
- [Walking Groups](#) - Download a list of walking groups or why not start your own local walking group? We can offer training and support to help you get started.
- [Walking Routes](#) – mapped routes are available across North Somerset, up to 6 miles in distance. Explore the local area and walk somewhere new!
- [Win](#) – Complete our short survey and be in with the chance of winning a £50 Outdoors and Active voucher!

For more information, visit our website:
www.n-somerset.gov.uk/nswalkfest or call
01275 882 730.



Move More, Feel Better

12 weeks of free physical activity group sessions for adults in North Somerset who have experienced mild to moderate symptoms of depression or anxiety.

The group takes place on Thursdays, 6 to 7pm at Hutton Moor Leisure Centre.

A welcoming group for people looking to have fun and get active. Connect with others and meet new people. Beginners and those returning to exercise welcome.

One of the best things we can do for our mental health and wellbeing is to be active, it's a natural mood booster. Our bodies release feel-good hormones when we're active that can also reduce anxiety and stress and help us sleep better.

Led by a qualified exercise instructor. Each week will include different fun activities, games, and sports, for example badminton, fun ball games, etc. On week 1, we will collect feedback on what activities the group would like to participate in and incorporate this.

More More, Feel Better is part of the Steps to Get Active Programme which is encouraging individuals with Long Term Health Conditions (LTHC) to get more active. For more information on what is available locally, visit our website: www.betterhealthns.co.uk/information/steps/. To book or for more information, contact Kylie: 01934 425 900 or kylie.taylor@legacyleisure.org.uk

There is also a national campaign called 'We Are Undefeatable' which is also encouraging individuals with a LTHC to get more active. There are lots of inspiring stories, resources and five minute mini workouts to suit different health conditions. Visit their website for more information: <https://weareundefeatable.co.uk/>



Steps to Get Active Move More Feel Better

at Hutton Moor Leisure Centre, Weston-super-Mare

On Thursdays 6-7pm



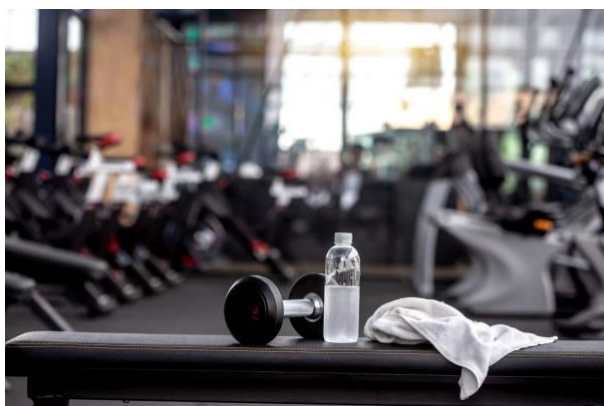
12 weeks of FREE physical activity group sessions, for adults in North Somerset who have experienced mild to moderate symptoms of depression or anxiety.

A welcoming new group for people looking to have fun and get active. Connect with others and meet new people. Beginners and those returning to exercise welcome.

One of the best things we can do for our mental health and wellbeing is to be active, it's a natural mood booster. Our bodies release feel-good hormones when we're active that can also reduce anxiety and stress and help us sleep better.

Led by a qualified exercise instructor. Each week will include different fun activities, games, and sports, for example badminton, fun ball games, etc. On week 1, we will collect feedback on what activities the group would like to participate in and incorporate this.

For further information about Steps to Get Active or to register for your FREE 12 weeks of group support contact Kylie: 01934 425 900 or kylie.taylor@legacyleisure.org.uk or www.betterhealthns.co.uk/information/steps/



Local support and services

North Somerset wellbeing service information



NS Wellbeing Service
Prospectus.pdf



NS Wellbeing Service
Timetable.pdf



**SECOND
STEP**
PUTTING MENTAL HEALTH FIRST

**NORTH
SOMERSET
WELLBEING**

DO YOU NEED A CARERS COMPANION ?

NEED SOMEONE TO LISTEN?

A COMPANION TO SUIT YOU

COMBAT ISOLATION AND LONLINESS

WE ARE LAUNCHING A NEW SERVICE FOR ANY UNPAID ADULT CARER IN NORTH SOMERSET. WE WILL CAREFULLY MATCH YOU WITH ONE OF OUR VOLUNTEERS, WHO WILL BE THERE FOR YOU, WITH A LISTENING EAR ON A WEEKLY BASIS.

TALKING PROMOTES POSITIVE MENTAL HEALTH

A PROBLEM SHARED IS A PROBLEM HALVED

GET IN TOUCH TODAY:
EMAIL-CARERSUPPORT@ALLIANCEHOMES.ORG.UK
MARIA.NEADS@ALLIANCEHOMES.ORG.UK
TELEPHONE-07917265640

BLAH BLAH!! BLAH


LET'S TALK

COMMUNITY FUND

Alliance Homes


Talk

68 Meadow Street, Weston-super-Mare, BS23 1QN




Mondays 3-5pm: 50+

A drop-in for any LGBT+ community members aged 50 and over. Join us for a chat and a cuppa!




Wednesdays 3-5pm: Trans+

A drop-in for any transgender, non-binary or gender-questioning community members aged 18 and over.



Fridays 3-5pm: Family+

A drop-in for parents, carers or guardians of LGBT+ children to talk with others about their experiences or ask questions.



Sundays 10am-4pm: HQ Open Day

Our door is open all day for visitors to grab a cuppa and chat with our volunteers, browse resources or purchase LGBT+ merch!

Our HQ is also open to everyone 12-3pm every Mon, Weds and Fri

For all enquiries, please email support@nslgbtforum.com

IT'S OKAY TO ASK FOR HELP



CHILDREN AND YOUNG ADULT MENTAL HEALTH SERVICES

KOOTH

AGES 10-25



An online mental wellbeing community providing free, safe and anonymous support, including helpful articles, discussion boards, a daily journal, and the opportunity to chat with the team about anything that's on your mind.

NHS TALKING THERAPIES

AGES 16+



If you are suffering from depression, anxiety, post-traumatic stress disorder, excessive worry or low mood, then VitaMinds can help. They offer groups and workshops, online therapy and 1:1 sessions.

OFF THE RECORD

AGES 11-25



Off The Record run various mental health projects. They have been designed with the help of young people and all of them are delivered by a team of super-friendly staff and volunteers.

WELLSPRING COUNSELLING

AGES 11+



A team of skilled Young People's Counsellors who are trained to listen attentively and sensitively to your concerns. They will seek to understand and support you, enabling you to find your own way forward.

Full list of mental health and wellbeing services
for children and young adults in North Somerset



FIND YOUR WAY BACK TO WORK

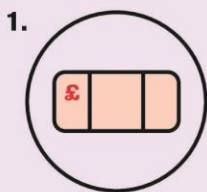
Individual Placement & Support (IPS) within Primary Care

IPS is an evidence-based model of supported employment which helps people with mental health conditions into work and provides continued in-work support.

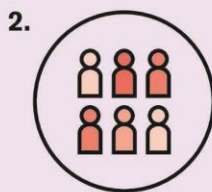
It has been found to be more successful than other forms of support for people with mental health conditions. The IPS Employment Specialist will work with people on an individual basis following the 8 principles of the IPS model, to help them gain and sustain competitive, paid employment.



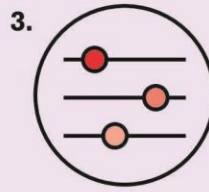
IPS 8 principles:



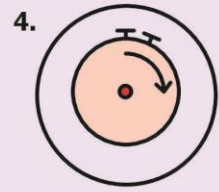
It aims to get people into competitive employment...
volunteering or sheltered work are not counted as outcomes.



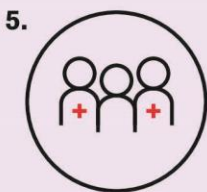
It is open to all those who want to work...
with no exclusions based on diagnosis, health condition or benefits claim.



It tries to find jobs consistent with people's preferences.



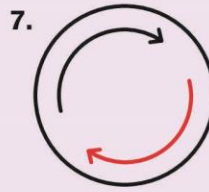
It works quickly...
job search starts within four weeks, even if a client has been off work for years.



It brings employment specialists into clinical teams...
so that employment becomes a core part of mental health treatment and recovery.



Employment specialists develop relationships with employers based on a person's work preferences...
not based on who happens to have jobs going.



7. It provides ongoing, individualised support for the person and their employer...
helping people to keep their jobs at difficult times.



8. Benefits counselling is included...
so no one is made worse off by participating.

HOW DOES THE IPS PROCESS WORK?

To be referred to the IPS service, clients must:

- › Have mental health conditions which may include psychosis, bipolar disorder, personality disorder diagnosis, eating disorders, depression, and anxiety.
- › Want to gain, re-enter, or retain paid employment.

The Employment Specialist:

- › Will focus on the clients' preferences and strengths, to identify a preferred role.
- › Will focus on competitive job search.
- › Can offer personalised benefits advice to help consider the impact of earnings on a client financial situation.
- › Engage with employers, with the client's agreement, to facilitate opportunities and / or suggest reasonable adjustments.
- › Will support the client to maintain their job and manage their mental health whilst in work and continue to do so for as long as it is agreed to be necessary.

“Having a paid job and structure in my life is not part of my recovery, but is my recovery”

“IPS have become a part of recovery and it is a great service. I don't know how we managed without IPS all these years.”

The IPS service cannot work with clients who:

- › Only have physical health conditions.
- › Only want to look at voluntary work or education.

Referrals can come from:

- › Self-Referrals, GP's and other Clinicians, Mental health specialists, Job Centers, Other mental health agencies.



For more information contact:

T: 01380 737 676

E: mariana.law@nhs.net

W: www.richmondfellowship.org.uk

NHS
Avon and Wiltshire
Mental Health Partnership
NHS Trust

NHS
Bristol, North Somerset
and South Gloucestershire
Clinical Commissioning Group

**RICHMOND
FELLOWSHIP**
MAKING RECOVERY REALITY

News and Events

North Somerset – A Trauma Informed Authority

‘Trauma results from an event, series of events, or set of circumstances that is experienced by an individual as harmful or life threatening. While unique to the individual, generally the experience of trauma can cause lasting adverse effects, limiting the ability to function and achieve mental, physical, social, emotional, or spiritual well-being.’ (Office for Health Improvement & Disparities, working definition). Trauma and adversity can impact on our mental health, whether we’re experiencing something ourselves, supporting someone else, or working alongside others who have stories to share. There is growing evidence and recognition that trauma informed practice is beneficial for both service users and staff as this [video](#), based on recent research by the university of Bristol, illustrates.

So, what is trauma informed practice? The Bristol, North Somerset, and South Gloucestershire (BNSSG) [‘Trauma Informed Practice Framework’](#) describes it as realising how common trauma is, recognising its potential impact, and taking steps to avoid re-triggering someone’s distress by adapting practice, policies and procedures and using relationships to connect with others.

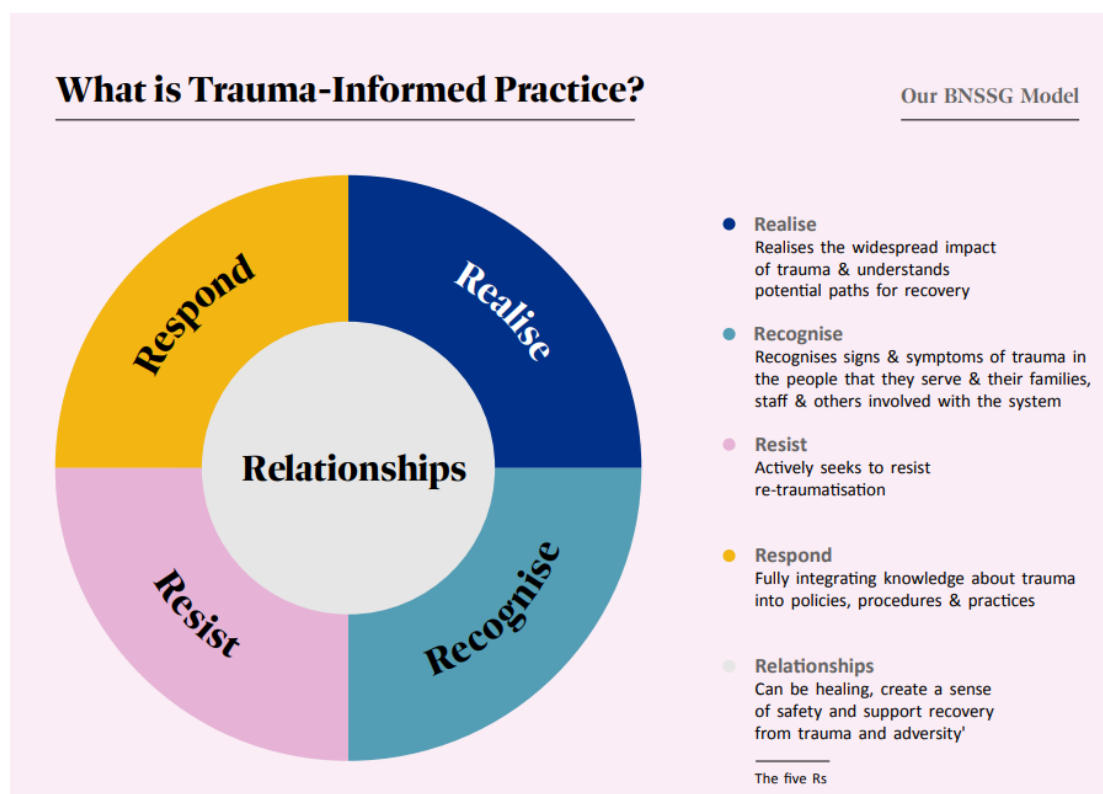


Figure 1 BNSSG Defining trauma informed practice

As part of the BNSSG Integrated Care System North Somerset has committed to adopt a trauma informed approach across all statutory and voluntary, health and social care services. To support this ambition, we have recruited a Trauma Informed Practice Officer. They will lead on a programme of work and develop an action plan,

tailored to meet local needs, and informed by the [BNSSG practice framework](#) and action plan. North Somerset's intentions for 2004/25 are to:

- sign and implement the [BNSSG Pledge](#),
- build strategic commitment and support,
- co-produce a work programme with North Somerset residents, service users and providers,
- map existing practice and strategies,
- develop a training programme for NSC staff and partners, which supports both their knowledge and personal wellbeing,
- recruit, train, and support a local Ambassadors Network responsible for supporting the development and promotion of trauma informed practice across North Somerset.

We know there is some amazing practice already happening across the authority and are keen to hear about it, so if you are already implementing the approach, interested in becoming an Ambassador, or just want to know more please contact claire.ritchie@n-somerset.gov.uk

(Trauma Informed Practice Officer.)

Training opportunities

Training course: Making an effective mental health referral for Children and Young People in North Somerset.

Thursday 9th May 10.00am-3.00pm

Castle Batch Children's Centre, Castle Batch Community Centre, Bishops Avenue, Worle, BS22 7PQ

This training is aimed at educational staff in both primary and secondary provisions who have a role in supporting children and young people with their emotional wellbeing and mental health e.g. SENCO, Mental Health Leads, who wish to make referrals to mental health services.

This will act as a refresher for attendees last year, who are welcome to attend again.

Please see attached poster for more information.

[Click here to book](#)



Shameless is OTR's group for anyone feeling impacted by issues around body image and low self-esteem. "Know your worth, find your power".

Who is this for?

11 - 18 year-olds with a North Somerset home, school, or GP post code

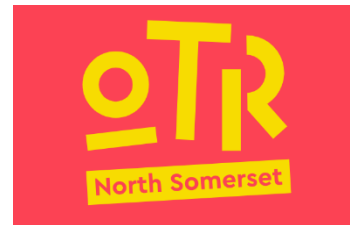
When?

Thursday 16th May, 16.30 - 17.45

Where?

Zoom (online)

[Sign up here](#)



Applies Suicide Intervention Skills Training

Thursday 20th and Friday 21st June 9-5pm

ASIST is a two day course that aims to help people to recognise the signs that someone is considering suicide, and to gain the skills and confidence to respond appropriately. It has been described as a form of 'suicide first aid'.

[Book your place here](#)



ASIST

NEURODIVERGENCE IN THE THERAPY ROOM

*Workshop for counsellors and
other professionals who support
neurodivergent individuals
therapeutically*

Saturday 11th May 10.00-4.15
Nailsea Methodist Church



ADHD

- Overview of Attention-Deficit/Hyperactivity Disorder
- Its prevalence and impact
- Understanding management strategies
- Its key features, symptoms, and different subtypes.
- Causes, risk factors, and the process of diagnosis and assessment
- The impact of ADHD on daily life focusing on academic challenges, learning difficulties, social and relationship issues, as well as emotional and mental health implications.
- The effects of ADHD on work and career
- How to empower and support individuals with ADHD
- The importance of understanding and support from others



Led by Dr Dietmar Hank MD MSc PgDpl Dipl MRCPsych
Consultant Psychiatrist
Clinical Lead for Adult ADHD AWP
South-West Lead for UKAAN (UK Adult ADHD Network)

Autism

- Delivered by neurodivergent counsellors
- Coherent and therapy focused dive into autism
- Criticism of the medical model by autistic people
- The lived experience of being neurodiverse
- The neuroscience behind it
- Helping autistic people to explore their world
- An autism-affirming approach to counselling

Led by Kerry Berber who is an integrative counsellor working in private practice. She specialises in working with neurodivergent adults and is currently researching autism in the context of counselling at Bath Spa University. She is autistic and has ADHD herself.

And Clare Kingsbury who works with children and young people as an integrative counsellor in Weston-super-Mare. She also delivers more ADHD-specific workshops for counsellors, clients and parents.



**Please get in touch by email to book
your place. Only £75 for a day's CPD,
subsidised rate available for trainee
counsellors/those on low income**

Contact Us:



Further info: 07903 523457



To book:

admin@wellspringcounselling.org.uk

Wellbeing for Carer's Course

Looking After Yourself

This 6 week course is aimed at Adult Carers (18yrs and over) who care for individuals over 18yrs, living in the North Somerset area. The course is designed to support carers to understand their own mental health needs and those of the person they care for by learning new coping skills, working towards improved emotional resilience, having a safe and confidential space to share experiences and meet other carers.

This FREE course is starting on Thursday 6 June @ 10.30am-1pm and covers the following topics:

- Wk 1 - Thoughts, feelings and challenges
- Wk 2 - Identity and coping with change
- Wk 3 - Compassion fatigue and burnout
- Wk 4 - Establishing and maintaining boundaries
- Wk 5 - Self Care
- Wk 6 - Navigating the system

**Venue: Equipment & Demonstration Centre, The Motex Centre,
Winterstoke Road, BS23 3YW**

Booking is essential - book early to avoid disappointment!

**Book
here!**



It's about
you

**NORTH
SOMERSET
WELLBEING**

**SECOND
STEP**
PUTTING MENTAL HEALTH FIRST

www.second-step.co.uk/nsw
NSWellbeing@second-step.co.uk
Call on 0333 0233 504