



## **HAILSHAM AND POLEGATE COMMUNITY NETWORK**

**29 November 2018**

### **St George's Catholic Church Hall, Polegate**

The Hailsham and Polegate Community Network for groups and organisations in the Hailsham and Polegate area is arranged in partnership by 3VA (Voluntary Action in Eastbourne, Lewes District and Wealden) and East Sussex County Council Locality Link Workers.

The Hailsham and Polegate Community Network meeting is open to anyone delivering activities and services in a voluntary or community group of any size in the Hailsham and Polegate area.

The Network is an informal meeting that enables groups across the Hailsham and Polegate area to network together and connect.





This was the seventh meeting of the Network and the theme (chosen by previous participants) was mental health.

Participants were offered the opportunity to:

- Explore what is good mental health with Adrian Thomas
- Hear from Southdown about what services they offer
- Share ideas about how to make our activities and organisations places of welcome
- Get to know other organisations

25 people attended the meeting, 12 of whom were attending for the first time.

The meeting started with a welcome from the organisers. Participants then introduced each other, noting how the people in the room

supported mental health in the community. Contact details sent out separately.

### **HOW MY ORGANISATION SUPPORTS MENTAL HEALTH**

“We encourage and support rural communities to set up and continue projects and groups.” (AirS)

“Councillors work on individual initiatives.” (Polegate Town Council)

“Volunteers and staff are able to access training courses, low cost counselling, induction, supervision, stress questionnaires.” (FSN)

“Counselling, therapies, workshops.” (Muma Nurture)

“Meetings.” (Volunteer Co-ordinator Support 3VA)

“Provides volunteer support to those aged 55+” (Age UK East Sussex)

“Supporting people to engage with the community and supporting them into employment.” (SCDA – Let’s Get Working)

“We provide mediation services to help people address conflict with neighbours, in the workplace and between parents and children. We support good mental health by providing people with conflict management skills and encouraging dialogue. The pace, content, timing and venue for mediation are guided by those involved, giving them full control and ensuring that it takes place in a setting where they feel safe.” (Mediation Plus)

“We give emotional, financial and practical to families who lose a young adult aged 16-25.” (You Raise Me Up)

“Counselling, yoga at a reduced rate, coaching, flexible working. Sports activities, mindfulness sessions, reduced on-site therapies, flexible working.” (East Sussex County Council)

“Providing craft activities to build confidence and self-worth. In the new year starting workshops in upcycling old clothes into new encourages learning new skills, builds confidence and self-worth.” (Craftyannies Home)



“Help volunteers to manage what they are doing to lessen stress, etc.” (AirS)

“By educating undergraduate healthcare students on dementia.” (Time for Dementia)

“We provide recovery based mental health services.” (Southdown)

“Workshops/classes on wellbeing/nutrition/face yoga.” (Live Learn Network)

“Having time to talk to people who come to us, listen and signpost if necessary.” (Hailsham Foodbank)

“Supporting individual recovery journeys with groups and 1 to 1 support. Drop ins. Centre open 5 hours a day.” (Hailsham Wellbeing Centre – Southdown)

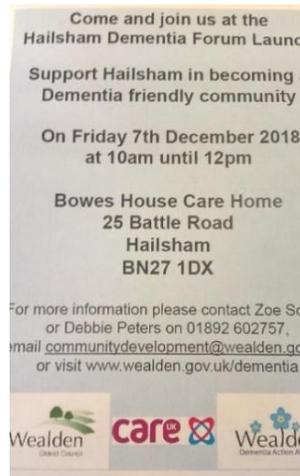
“Provide resources for church groups on mental wellbeing, link with other organisations to enable collaborative working, reflect and promote places of welcome cafés. Supporting mental health awareness training; linking with church groups to raise awareness of mental health and wellbeing; produce and disseminate written information regarding mental health in the community; linking with and promoting local and national organisations working in the field of mental health.” (Together in Sussex)

“We support good mental health by using the lived experience of others to improve the provision and delivery of mental health services across East Sussex using direct links with both providers and commissioners. We also provide opportunities for people with lived experience to get involved through volunteering which is well supported through training, development and ongoing regular supervision.” (People in Partnership)

“Internally, we have the Workplace Health Group which signposts further information and has run a number of sessions for staff with Adrian Thomas. We also have a number of trained Mental Health First Aiders. Externally, we are planning a number of initiatives to encourage people to use open space more frequently in order to improve both physical health and mental wellbeing. We are also looking for opportunities to work closely with partners to facilitate, provide assistance and deliver joint



- Being non-judgemental
- Welcome buddy
- Open and friendly
- Non-threatening environment
- Empathetic
- Open questions
- Self-referral
- Time to action the above and not being rushed
- Try to remember little personal things about each one likes, dislikes, etc.
- Give control to the service user
- Treat people as you would want to be treated
- Welcome at the door (person) – greeting and icebreaker
- Find out about and remember their name, likes, e.g. fishing
- Inclusion – group dynamics – helping people mix
- Facial expression
- Body language
- Enough chairs for people to sit on
- Helping people build relationships
- Acceptance (remember Maslow)
- Safety, secure
- Lighting, visual aids
- Inclusive language
- People friendly



- Open communication channels
- Mitigate barriers
- Non-judgemental

Diane Watts from Together in Sussex spoke about her work in helping organisations meet the criteria to become “Places of Welcome”. Please contact her if you are interested in hearing more or getting help in joining the organisations subscribing to the charter.

#### Southdown - Who we are, what we have to offer

Southdown runs a network of recovery-focused services supporting people to get well and stay well. Their services are commissioned by East Sussex County Council and local NHS Clinical Commissioning Groups. Southdown offers a range of recovery services for people who need support to manage their mental health.

Judy Pearson and colleagues from Southdown gave an overview of Southdown’s mental health support services available to people living in the Hailsham and Polegate area. These services include:

- Hailsham Wellbeing Centre
- Peer Support Service delivered by people with lived experience of mental ill health
- Thinking Well service for people with a diagnosis of personality disorder



- Staying Well out of hours service for people with urgent mental health support needs (countywide service based in St Leonards)

Southdown also offer a range of services that work alongside their mental health services, including:

- Community Connectors
- People in Partnership
- Employment Services



### Top Tips for self-care by Adrian Thomas, Different Minds

Adrian signposted the group to research that proposed that well-being flourished in people who connected with others, were open to learning and new experiences, took notice of things around them, contributed to others in terms of attention, helpfulness and who where physically active. A good resource was the Action for Happiness <http://www.actionforhappiness.org>

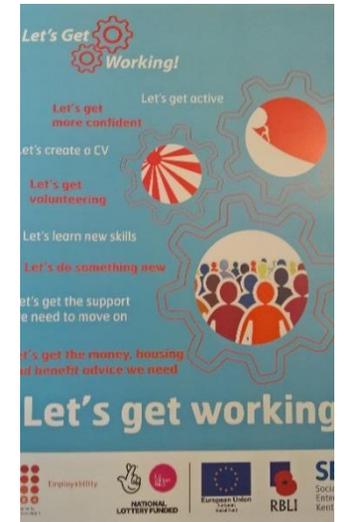




### Top Tips from participants

- Relax
- Give in
- Sleep
- Knowing triggers
- Acceptance
- Doing things you enjoy
- Not taking yourself too seriously
- Being able to participate
- Accessible physically -lighting, etc.
- More discreet / comfort
- First contact – friendly/engaging
- Non -judgement
- Pulling in engagement – allowing

- Lots of really interesting information
- Lots of knowledge
- Opportunities to network
- Very relevant and interesting topics
- (Make feedback slips smaller?)
- Group discussions
- Adrian's presentation
- Group discussion
- Useful links/connections
- Great networking opportunity
- Lovely lunch!
- Very interesting – thank you
- Contact details 'exercise' at beginning
- Lots of different organisations represented
- The group was inviting, easy to network due to the relaxed environment
- Brief introduction clearly stating what you offer – maybe this could be a little longer
- Great presentation from Adrian – very informative
- An overarching conversation and participation as groups
- Thought provoking use of language, rethink ways to approach and behave



What went well?

- Interesting learning around mental health and hearing about services locally
- Good to get overview of what is available re mental health locally and hear some ideas about what can be helpful
- Lots of knowledge sharing re: local services
- Networking and greater opportunities of collaboration/working with others
- Open honest, transparent sharing of information
- 
- I think sticking with mental health – exploring the services available – would really help service users
- Presentations were good and informative
- Was good to meet people from different agencies and exchange details
- Great discussions with mental health giving better insight and understanding to help reduce stigma
- There is less known about mental health support across the Wealden area, so it was great to see so many providers attend, offering localised support

## What we could do better?

- Healthy snack, e.g. fruit and nuts
- Hard to hear sometimes
- Swapping each other's info, it would have been good if the person reading out info said who they were
- Felt a bit like a 'training' session (not wishing to be negative but this refers to the sections that Adrian facilitated)
- So cold!!!
- N/A
- A bit more time needed as quite a big subject to learn about
- Lots of information, links to groups, so a follow on link sheet would be useful
- It was too cold
- Could we have fruit to counteract biscuits
- Time keeping
- Would have been good to have more time to network/connect with others

