

NOVEMBER
2025

NEWSLETTER

DERBYSHIRE MENTAL HEALTH & SUICIDE PREVENTION PROJECT

Written by: Isabelle Grainger



We're excited to bring you the latest updates, insights, and opportunities from the Derbyshire Mental Health & Suicide Prevention Project (MHSPP), hosted at Erewash Voluntary Action (EVA) and Derbyshire Mental Health First Aiders Network. In this edition, we'll share highlights of our recent activities, showcase inspiring stories from our community, and provide valuable resources to support Derbyshire's mental health & well-being.

As always, our mission is to strengthen the mental health sector, empower communities, raise awareness & foster collaboration, and we're grateful to have you as part of this journey! Whether you're here to learn, share, or connect, we hope you find something meaningful in this issue.

If you have anything you'd like sharing in the newsletter, from success stories, hints and tips or any resources you've found helpful, please contact: isabelle@erewashcvs.org



DERBYSHIRE MENTAL HEALTH FIRST AIDERS NETWORK




We're excited to share that our Listening Lounges will be moving **online via Microsoft Teams in 2026** — making it easier than ever to join the conversation, connect, and share in a safe and supportive space.

Upcoming Dates:

- 12th February 2026
- 12th May 2026
- 10th August 2026
- 12th November 2026

Everyone is welcome to join. Whether you're looking to talk, listen, or simply learn more about mental wellbeing, our online Listening Lounges offer a relaxed, open environment for all.

 Platform: Microsoft Teams

 Details on how to join will be shared closer to each date.

JOIN US FOR OUR FINAL 2025 LISTENING LOUNGES!

- 1/12/25 10am-2pm: SDCVS, Top Floor of Unit G, Shapes Industrial Estate, Alexandra Rd, Swadlincote, DE11 9AZ
- 3/12/25 11:30-1:30pm: Melbourne Assembly Rooms, High Street, Melbourne, DE73 8GF



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Activity: Taking part in National Self-Care Week 17-23rd November!

We were proud to join the nationwide celebration of self-care — remembering that taking care of our mind and body go hand-in-hand.

At EVA our members stepped up by getting active, sharing smiles and showing self-care in action, as the theme for 2025 was *Mind & Body!*

- Katie bravely rock-climbing
- Jo heading into nature for a restorative hike
- Debra takes time for herself, out on her motorbike.

These pictures show that self-care is far more than just one thing—it's caring for our whole person. We hope this inspires you to pick something that supports your mind & body. Whether you go for a walk, try some yoga, chat with a friend, or simply rest — you're doing exactly what you need.

We Hosted our First Meet the Commissioners:

We were delighted to welcome a knowledgeable panel of commissioners from Derbyshire ICB, Derbyshire County Council, and Derby City Council. The discussion was rich, insightful, and full of practical takeaways. Early feedback shows that attendees really valued the opportunity to learn, ask questions, and connect—making it a truly engaging and informative session.

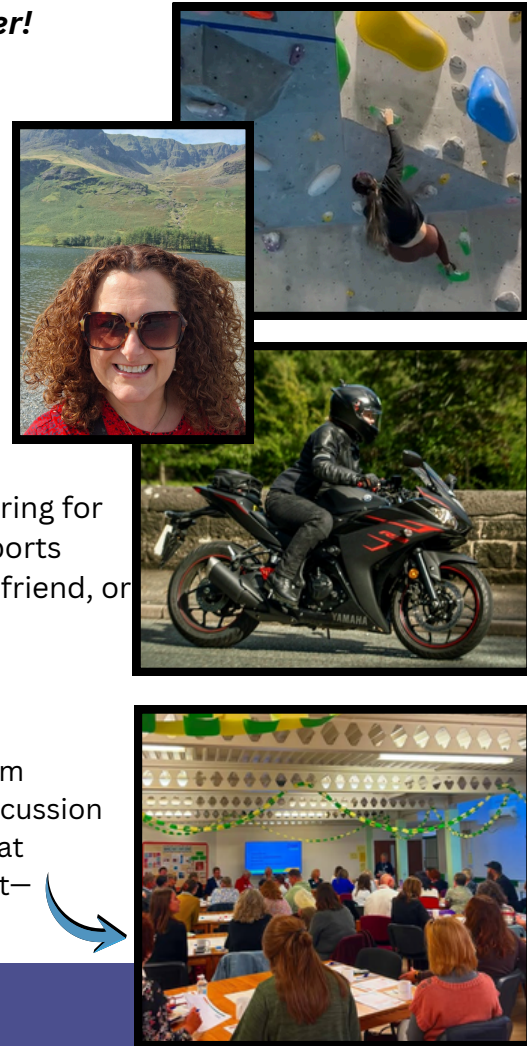
Celebrating MHFAider Day – 12th November 2025:

To mark the first ever National MHFAider Day, we asked members of the Derbyshire Mental Health First Aiders Network why they became Mental Health First Aiders — and here's what they had to say 🙋

- 🌟 "Even a simple conversation can make a real difference."
- 💬 "It's about compassion, connection, and being there when it matters most."
- 💖 "Sometimes, all it takes is one calm, kind conversation."

This day was about recognising the incredible people who create safe spaces, offer a listening ear, and remind others they're not alone.

A huge thank you to everyone who took part and shared their thoughts, experiences, and motivations — your voices truly reflect the heart of what it means to be an MHFAider.



FOR MHFAIDER DAY, WE ASKED THE DERBYSHIRE MENTAL HEALTH FIRST AIDERS NETWORK
“WHY THEY BECAME A MENTAL HEALTH FIRST AIDER?” THIS IS WHAT THEY HAD TO SAY:



PARTICIPANT 1: “TO ME, BEING AN MHFA MEANS ENCOURAGING OTHERS TO SPEAK OPENLY IN A SAFE AND TRUSTED SPACE ABOUT THEIR MENTAL HEALTH AND KNOWING THAT EVEN A SIMPLE CONVERSATION CAN MAKE A REAL DIFFERENCE - BEING THE BRIDGE BETWEEN STRUGGLE AND SUPPORT – REMINDING OTHERS THAT THEY’RE NOT ALONE.”

PARTICIPANT 2: “TO RECOGNISE WHEN SOMEONE MIGHT BE STRUGGLING, TO LISTEN WITHOUT JUDGMENT, AND TO OFFER SUPPORT IN A SAFE AND CARING WAY.

IT’S ABOUT COMPASSION, CONNECTION, AND SIMPLY BEING THERE WHEN IT MATTERS MOST.”

SCAN THE CODE FOR MORE PROJECT INFORMATION!



PARTICIPANT 3: “BECAUSE TOO MANY PEOPLE ARE SILENTLY STRUGGLING AND SOMETIMES, ALL IT TAKES IS ONE CALM, KIND CONVERSATION TO MAKE A DIFFERENCE.

MHFA TRAINING GIVES ME THE ADDITIONAL TOOLS TO NOTICE, LISTEN, AND SUPPORT OTHERS SAFELY... WHETHER IN MY COACHING WORK, COMMUNITY WALKS, OR EVERYDAY LIFE.

WWW.EREWASHVOLUNTARYACTION.ORG.UK
@DERBYSHIREMENTALHEALTHTEAM



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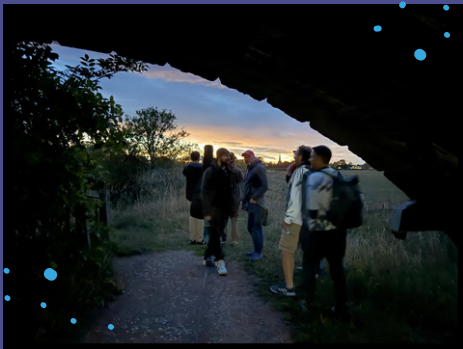
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Community Outreach - Bluetonic:

"The charity, Bluetonic's Under the Bridge Choir Project is a community-based initiative that brings people together through the power of music and water based activities to promote mental health awareness and wellbeing. Open to Men the sessions provide a safe, welcoming space where Men can connect, express themselves, and find support through singing, physical activity and shared experience. By combining creativity, conversation, and community, the project helps break down stigma around mental health and encourages open dialogue about suicide prevention and emotional wellbeing."

The project recently took part in a networking and service promotion event led by Erewash Voluntary Action's Mental Health and Suicide Prevention Project. Supported by Long Eaton Rugby Club, the event provided a valuable opportunity to showcase the work of Under the Bridge, connect with other local providers and professionals, and strengthen partnerships that support the mental health and wellbeing of people across the community." - Scott Clayton (Founder).

People interested in signing up to take part in Under the Bridge can find out more here:
<https://www.bluetonic.org.uk/under-the-bridge-choir>



Free Training: Social Isolation & Loneliness – from the Zero Suicide Alliance (ZSA):

As the colder months draw in, winter can often be a lonely and difficult time for many people in our communities. Shorter days, reduced social contact, and financial pressures can all increase feelings of isolation – making this the perfect time to highlight a valuable new training resource.

ZSA has launched an updated online module, "Social Isolation & Loneliness Training," designed to help individuals and organisations understand, identify, and respond to the impact of social isolation and loneliness.

You can access the training here: [👉 Social Isolation & Loneliness Training – ZSA](#)





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NSPA Membership Applications Now Open!:

We're delighted to share that the National Suicide Prevention Alliance (NSPA) has reopened its organisational membership applications – welcoming new members to join its growing network of organisations dedicated to preventing suicide and supporting those affected across England.

The NSPA brings together public, private, and voluntary sector organisations, all committed to a shared vision: A society where fewer lives are lost to suicide and where everyone affected gets the support they need.

Why Join the NSPA?

Becoming a member connects your organisation to a national movement for suicide prevention, offering opportunities to:

-  Collaborate with like-minded organisations across sectors.
-  Amplify your voice in shaping national suicide prevention practice and policy.
-  Access resources, insights, and good-practice guidance from across the network.
-  Showcase your work and strengthen your organisation's visibility and credibility.
-  Engage with lived experience voices and embed their perspectives in your approach.

Apply Today!

Applications are now open – find out more and complete your membership form via the link below:

NSPA Organisational Membership

Whether you're a small community group, local authority, charity, business, or national body, joining the NSPA is a meaningful way to collaborate, learn, and make a collective impact in suicide prevention.

Please do let Isabelle know if you decide to join!



National
Suicide Prevention
Alliance

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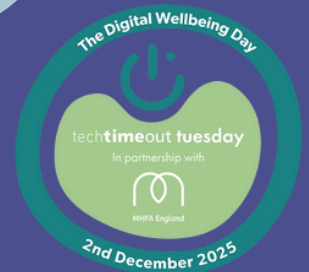
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Upcoming Awareness Days:

- National Grief Awareness Week 2-8th December - <https://www.thegoodgrieftrust.org/>
- Time out Tuesday – 2nd December - <https://mhfaengland.org/mhfa-centre/blog/Are-you-ready-for-techtimeout-tuesday/>
- International Day of Persons with disabilities – 3rd December
- International Volunteer Day – 5th December
- Christmas Jumper Day -11th December - <https://www.savethechildren.org.uk/christmas-jumper-day>



Social Media



Facebook:

<https://www.facebook.com/DerbyshireMentalHealthForum/>

LinkedIn:

<https://uk.linkedin.com/in/derbyshire-mental-health-team-at-erewash-voluntary-action-2256b4346>

Instagram:

<https://www.instagram.com/derbyshirementalhealthteam/>

X: <https://x.com/derbyshiremh>

Signposting & Services

- Free Mental Health Helpline and Support Service available to everyone living in Derbyshire, both young people and adults. Open 24 hours a day, 7 days a week. Ring: **0800 028 0077**. Further information is available at: <https://www.derbyshirehealthcareft.nhs.uk/services/helpline-and-support-service>
- Derby and Derbyshire Emotional Health and Wellbeing Website. Further information is available at: <https://derbyandderbyshireemotionalhealthandwellbeing.uk/>
- Sign-up to receive the (free) Derbyshire Mental Health Network Newsletter: https://public.govdelivery.com/accounts/UKDCC/subscriber/new?topic_id=UKDCC_3243 .