

JULY 2025

# NEWSLETTER

## DERBYSHIRE MENTAL HEALTH & SUICIDE PREVENTION PROJECT



**Welcome!**

We're excited to bring you the latest updates, insights, and opportunities from the Derbyshire Mental Health & Suicide Prevention Project (MHSP), 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@erewashcvcs.org](mailto:isabelle@erewashcvcs.org)

Written by: Isabelle Grainger

## DERBYSHIRE MENTAL HEALTH FIRST AIDERS NETWORK



The Derbyshire Mental Health First Aiders Network continues to grow, with our latest Listening Lounges providing safe, welcoming spaces for Mental Health First Aiders to connect, share, and recharge.

In July, we gathered at Honey Hope Farm on the 9th and at Re-think on the 24th, offering attendees the chance to reflect on their experiences, share challenges, and discuss practical ways to support themselves while supporting others. These sessions are an important reminder that looking after your own wellbeing is just as vital as supporting the wellbeing of those around you.

Thank you to everyone who joined us, and to our hosts for providing calm, supportive spaces to foster connection and resilience within our community.

Maisie who attended the Listening Lounge at Honey Hope Farm stated: *"I loved the two girls who ran the farm — they were so lovely, funny, and easy to chat to. I learned loads about the animals, how they look after them, and all the different things they make on the farm. The whole place had such a calm vibe. It was just really peaceful being there, and it helped clear my head a bit. You could tell the animals were really well looked after and happy, which made it even nicer. And I loved all the cats running around — they were so cute!"*



**Erewash  
Voluntary  
Action**

Derbyshire Mental Health Team

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Please see below dates of our next Listening Lounge in August:

### Monday, 11th August 2025

🕒 10:00am – 2:30pm

📍 Monkey Park CIC, 128A Chester Street, Chesterfield, S40 1DN

### Thursday, 14th August 2025

🕒 09:30am – 1:00pm

📍 UoD, St Helenas Campus, Sheffield Road, Chesterfield S41 7LU

If you're a Mental Health First Aider and would like to join the network, please email your certificate to [mhfa@erewashcvs.org.uk](mailto:mhfa@erewashcvs.org.uk). Whether you're new or experienced, it's a great way to stay connected and strengthen your community's approach to wellbeing.

### Activity:

#### Supporting Men's Mental Health Through Barbershops



Throughout June and July, we have been working closely with barbers across the region to support men's mental health. Barbershops are trusted spaces where men feel comfortable, making them an ideal setting to promote mental wellbeing, notice signs of distress, and share information about local support services (Boylan et al., 2022).

As part of the MHSP Project, we have provided barbers with action plans, resource packs, and guidance to help them start conversations around men's mental health, helping to break stigma and encourage early support within our communities.

Reference: Ogborn, G., Bowden-Howe, C., Burd, P., Kleijn, M., & Michelson, D. (2022). Barbershops as a setting for supporting men's mental health during the COVID-19 pandemic: A qualitative study from the UK. *BJPsych Open*, 8(4), e111. <https://doi.org/10.1192/bjo.2022.520>

**We have also just opened this offer to Small Businesses. Please see the below poster for more details, if you and your business would like support, please get in touch!**





**FREE MENTAL HEALTH AND SUICIDE PREVENTION TRAINING  
FOR SMALL BUSINESSES ACROSS DERBYSHIRE**



# SMALL — BUSINESSES



## HOW WE CAN SUPPORT:

- THE WELL-BEING OF EMPLOYEES THROUGH TAILORED INITIATIVES AND RESOURCES
- ASSISTING BUSINESS OWNERS IN DEVELOPING & IMPLEMENTING EFFECTIVE MENTAL HEALTH POLICIES TO CREATE A SAFE AND INCLUSIVE WORKPLACE
- SHARING RESOURCES TO EMPOWER TEAMS TO ENGAGE IN MEANINGFUL MENTAL HEALTH CONVERSATIONS
- PROVIDING ONE-ON-ONE AND GROUP TALKS TO ADDRESS SPECIFIC NEEDS AND CHALLENGES



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Written by: Isabelle Grainger



**Listening to your experience:** Ben Gough - Group development worker For Derbyshire Recovery & Peer Support Service and Rethink Mental Illness.

*"I help people all over the county to set up their own peer support groups and support a portfolio of already running groups. these groups are supporting over 5000 people per quarter.*

*Working alongside other services like the Derbyshire mental health and suicide prevention project and the MHFA network support my role and helps me to offer better support and guidance to peer facilitators and group members.*

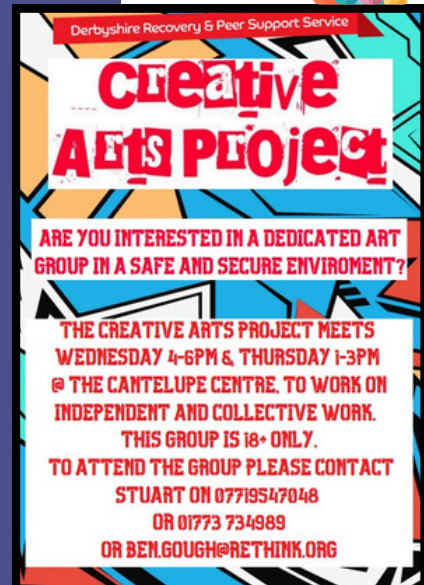
*Before this, I was really struggling with my mental health, suicide attempts & drug and alcohol abuse. I was admitted to hospital and after I was supported by P3, they asked me to start an art group, to help me achieve my goals!*

*I was then introduced to the group development team at the DRPSS. They supported me through setting up the creative arts project and also with my own mental health journey. The team were amazing and really saved my life. I'd never heard of peer support groups, and I would massively recommend them to anyone.*

*Through running the group and helping run online groups I regained my confidence and found support with others going through the same things as myself. The DRPSS team helped me to get back into work by offering me bank work with the service which I took on working on the emotional support helpline. When the role of full time Group Development worker came up, I went for the role as interview practice and because the role interested me. I was amazed when I was offered the role and 3 years later, I'm still at it going strong*



*Without the DRPSS service, peer support groups and the people I help and support, I don't know where I would be, but they have changed my life for the better and with ongoing training, support and working with some amazing colleague's from other services, I've found my true self and what I love to do with my life".*



A very big thankyou to Ben for sharing his story!

Derbyshire Recovery & Peer Support Service

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**MHSP Connects with Active Derbyshire:**

**Written by: Isabelle Grainger**

The MHSP Project has recently built its connection with Active Derbyshire, recognising the vital role sport and physical activity play in supporting mental health. Together, we are working to help clubs become mental health friendly, encourage conversations about wellbeing, and ensure people can access support when needed.



*"Hi I am Franky - Sports Welfare Officer and I cover the whole of Derbyshire (and City). My primary role is to work with National Governing Bodies (NGBs) and provide clubs with support in developing safe and inclusive spaces for both children/young people and adults, however, I do have some capacity to support non affiliated clubs too".*

We do not deal with investigations or case management, so please continue to make all safeguarding referrals in line with your club and NGB safeguarding policies.



In more detail, our role is to:

- Provide localised support for CWOs or other Club Members (we see Safeguarding as Everybody's Business).
- Signpost clubs to the right advice and guidance.
- Work with CWOs to create a safer culture within your clubs.
- Facilitate local training opportunities and events.
- Create networks so that CWOs across sports feel better connected and informed.
- Recognise, share, and develop best practice in relation to welfare.
- Help raise awareness of safeguarding and welfare for young people and adults at local events.



**For more information please see the Sport England site by following this link: [Sport Welfare Officer Network - Active Partnerships](#)**

Sport and Physical activity have such a positive impact on both physical and mental health. As an Active Partnership we are a collaborative partner of Sport England who have a 10 year strategy called Uniting the Movement. Together we work hard to help break down barriers within communities to give everyone the opportunity to access physical activity whether it is trying to influence infrastructure to support accessibility and accessible spaces to supporting community groups to incorporate activity into their offer.

I work closely with the East Midlands Team and together we have started an East Midlands Sports Welfare Network facebook page. We share resources, free training, run webinars and offer a space for clubs to share practice or ask for support. You can join this forum by clicking: link [\(11\) East Midlands Sport Welfare Network | Facebook](#). If you would like to get in touch simply email: [franky.boyland@activepartnerstrust.org.uk](mailto:franky.boyland@activepartnerstrust.org.uk)



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### Events Coming Up:

- Long Eaton Summer Fete
- Long Eaton Rugby Club
- Sunday 10th August (New date confirmed)
- 10am – 3pm
- Long Eaton Rugby Club Community Mental Wellbeing Event
- Long Eaton Rugby Club
- Thursday 11<sup>th</sup> September
- 6:30-9:30pm

### Training:

- **DATES ADDED:** Mental Health Awareness Training.
- <https://www.derbyshire.gov.uk/social-health/health-and-wellbeing/mental-health-and-wellbeing/mental-health-training/mental-health-awareness-training/mental-health-awareness-training.aspx>
- Free 30 minute e-learning suicide awareness training provided by Zero Suicide Alliance. <https://www.zerosuicidealliance.com/suicide-awareness-training>



### Social Media

Follow us on social media. Events, activities & resources can be found here everyday! Stay up to date with all things mental health.



#### Facebook:

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

#### LinkedIn:

<https://www.linkedin.com/.../derbyshire-mental-health.../>

#### Instagram:

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

**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](https://public.govdelivery.com/accounts/UKDCC/subscriber/new?topic_id=UKDCC_3243) .