

APRIL 2025

# NEWSLETTER

## DERBYSHIRE MENTAL HEALTH & SUICIDE PREVENTION PROJECT

*Welcome!*

We're excited to bring you the latest updates, insights, and opportunities from 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

Thankyou to all who has joined the Mental Health First Aiders Network! we aim to provide a safe space to discuss challenges, problem solving, share best practice and to undertake peer support. Our first '**Listening Lounges**' took place in High Peak (07/04/2025) & Hope Valley (10/04/2025). The Lounges were a success, with some fantastic discussions and mindful activities! So, we are happy to announce further dates for 2025.

**These will take place:**

**Monday 16th June**

09.30 – 14.30

Derbyshire Dales CVS Derbyshire Dales CVS, Agricultural Business Ctr, Agricultural Way, Bakewell, DE45 1AH

**Thursday 19th June**

12.00 – 16.00

The Agricultural Business Centre, Agricultural Way, Bakewell DE45 1AH

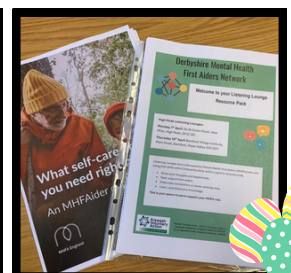
**Monday 11th August**

10.00 – 14.30

Monkey Park. 128A Chester Street, Brampton, Chesterfield S40 1DN



Derbyshire Mental Health Forum



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### Highlights of our Recent Activities

#### All Words, All Actions, All Weathers Conference and Exhibition 2025:

The conference and exhibition focused on mental health for employees and volunteers from the Voluntary, Community and Social Enterprise sector. The exhibition showcased innovative services, tools, and resources aimed at improving mental health for those working within the sector. Let's continue working together to ensure that mental health remains at the heart of our sector—through all words, all actions, and all weathers.



Jo & Izzy at All Words, All Actions, All Weathers Conference and Exhibition 2025



Jo & Debra with the Baton of Hope



Jo, Izzy & Bridget at Honey Hope Farm Social Prescribing day

### Honey Hope Farm

Huge thanks to Bridget and the team at Honey Hope Farm for having us over! The farm provides mental health support to peer-to-peer groups, using equine therapy and a growing range of outdoor activities. From therapeutic gardening to bush crafting, they are developing services for everyone surrounded by animals & nature. Learn more by contacting: 07594330763

We also ventured into Glossop for a Mental Health World Café with the Friends of Victoria Hall. We spent some time with group members talking about the Derbyshire Mental Health Forum, Derbyshire Mental Health First Aiders Network and the Derbyshire Mental Health and Suicide Prevention Project.

We were made very welcome, and we look forward to visiting again!





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### Awareness Days:

Mental Health Awareness Week: 12-18<sup>th</sup> May 2025.

Wear it Green Day: 15<sup>th</sup> May 2025.

Maternal Mental Health Week 5-11<sup>th</sup> May 2025

Dementia Action Week: 19-25<sup>th</sup> May 2025.



**1 in 3 people living with dementia do not have a diagnosis.**

**That means they can't get the vital help they need.**

If you're worried about yourself, or someone close to you, then check your symptoms today using our symptoms checklist.

Visit [alzheimers.org.uk](https://www.alzheimers.org.uk)



### Upcoming Training:

#### JUCD Suicide Bereavement training:

- Thursday 15<sup>th</sup> May at 9:30am (Online) - <https://www.eventbrite.co.uk/e/1081858390569?aff=oddtcreator>

#### DCC Mental Health Awareness training:

- Tuesday 6<sup>th</sup> May at 9:30am (in Amber Valley) - <https://www.eventbrite.co.uk/e/1289596300249?aff=oddtcreator>
- Wednesday 14<sup>th</sup> May at 12:30pm (Online) - <https://www.eventbrite.co.uk/e/1277467552839?aff=oddtcreator>
- Thursday 22<sup>nd</sup> May at 9:30am (Online) - <https://www.eventbrite.co.uk/e/1277468104489?aff=oddtcreator>

#### DCC Suicide Awareness and Managing Mental Health Conversations training:

- Monday 12<sup>th</sup> May at 12:30pm (in High Peak) - <https://www.eventbrite.co.uk/e/1299277206099?aff=oddtcreator>
- Wednesday 21<sup>st</sup> May at 9:30am (Online) - <https://www.eventbrite.co.uk/e/1277535766869?aff=oddtcreator>

### 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/derbyshiremhf>

### 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) .