

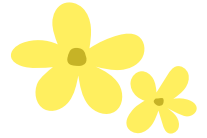
MAY  
2026

# 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 (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@erewashcvs.org.uk](mailto:isabelle@erewashcvs.org.uk)



DERBYSHIRE MENTAL  
HEALTH FIRST AIDERS  
NETWORK



***Thank you to everyone who joined the online Listening Lounge, part of the Derbyshire Mental Health First Aiders Network!***

We were joined by Joe Heeney from Derbyshire Mind and Nikki Hall from Sofa2Stroll, who shared valuable insights around mental health, lived experience, and community support. If you are interested in further learning, you can explore Trauma Informed Derbyshire Training hosted by Derbyshire Mind [CLICK HERE FOR FREE TRAINING](#) .

We are also celebrating Mental Health Awareness Week, a time to raise awareness, encourage open conversations, and highlight the importance of looking after our mental wellbeing. We are proud to support the Public Health Derbyshire "Be Kind" campaign, which promotes kindness, connection, and supportive communities. Small actions, supportive conversations, and acts of kindness can make a real difference.

## MENTAL HEALTH FIRST AIDERS NETWORK

THE NETWORK IS A PEER GROUP FOR ANYONE IN DERBYSHIRE OR DERBY CITY WHO HAS COMPLETED MHFA ENGLAND ADULT OR YOUTH TRAINING AND USES THEIR SKILLS THROUGH WORK OR VOLUNTEERING.

**WE'RE EXCITED TO HOST A BRAND-NEW SERIES OF ONLINE LISTENING LOUNGES FOR 2026, RUNNING FROM 10-11AM ON THE FOLLOWING DATES:**



**MONDAY 10TH AUGUST**



DROP IN, AND BE PART OF A SUPPORTIVE SPACE WHERE VOICES ARE HEARD AND WELLBEING COMES FIRST. WE CAN'T WAIT TO WELCOME YOU!



### **THE NETWORK INCLUDES:**

- ✓ COLLABORATIVE PEER SUPPORT & COLLECTIVE LEARNING
- ✓ ENHANCED ACCESS TO RESOURCES
- ✓ MEANINGFUL NETWORKING OPPORTUNITIES
- ✓ HOLISTIC SELF-CARE GUIDANCE & WELLBEING PROMPTS
- ✓ ADVOCACY & INFLUENCE



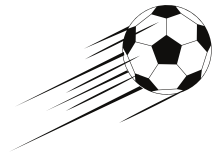
**TO JOIN THE NETWORK, EMAIL [MHFA@EREWASHCVS.ORG.UK](mailto:MHFA@EREWASHCVS.ORG.UK) WITH YOUR CONTACT DETAILS AND A COPY OF YOUR MHFA CERTIFICATE**



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## DERBYSHIRE MENTAL HEALTH & SUICIDE PREVENTION PROJECT



Football, Friends & Memories Event

Written by: Isabelle Grainger



We had a wonderful afternoon filled with music, friendship, and memories as people affected by dementia came together through the joy of singing with Ellie 🎵.

It was inspiring to see the community connect through shared smiles, songs, and special moments that will stay with everyone who attended. Music has a unique and powerful way of bringing people together, creating comfort, connection, and happiness 😊.

A heartfelt thank you to everyone who joined us and helped make the event such a meaningful and uplifting experience.



As part of Mental Health Awareness Week (11th–17th May 2026), we took part in Wear It Green Day 🌱

It was amazing to see everyone coming together to show support, raise awareness, and start important conversations around mental health.

Small actions can make a big difference, and days like this help remind people that they are not alone. Let's continue to support one another, challenge stigma, and promote positive mental health in our communities 🌍.

Derbyshire Mental Health Team @ Erewash Voluntary Action

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Written by: Isabelle Grainger



What an incredible afternoon at our Dragons' Den event at Kirk Hallam! 🌟🌟

We were so impressed by the confidence, creativity, professionalism, and enthusiasm shown by the School Council students as they pitched for funding to support mental health and wellbeing projects within their school community.

Each presentation was thoughtful, inspiring, and extremely well prepared, with students showcasing videos, presentations, detailed budgets, and clear evidence of the positive impact their projects will have on student wellbeing. A huge congratulations to everyone involved – you should all feel incredibly proud.

We are also delighted to share that all four projects were fully funded by our Dragons! 🎉. We cannot wait to see these brilliant ideas come to life and make a lasting difference across the school community.



With exam season in full swing across the UK from May to late June, many students may be feeling the pressure and stress that can come with revision and assessments. Remember to take regular breaks, stay connected with others, and make time for things that support your mental wellbeing.

Talking to someone you trust can make a real difference during difficult moments.

Getting enough sleep, eating well, and stepping away from screens can help improve focus, mood, and concentration.

Download the guide online - [dccmhsp.com/examguide](https://dccmhsp.com/examguide)





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## DERBYSHIRE MENTAL HEALTH & SUICIDE PREVENTION PROJECT

Written by: Isabelle Grainger



**Strengthening Community Connections Through Wellbeing Communications**

Our regular wellbeing updates (Usually on a Friday) continue to support organisations and professionals across Derby and Derbyshire by improving awareness of local opportunities, resources, and support services. **Community Action Derby** recently shared how the information circulated through our mailing lists has helped strengthen communication and signposting across their networks, including the Children and Young People Network (CYPN) and local social prescribing teams.

*“In our fortnightly email, we send to the Children and Young People Network mailing list, I like to share available opportunities, resources, updates and information available across the area either for personal use or for signposting.”* The shared resources have helped professionals working directly with residents access relevant and timely information to better support their communities.

*“I work alongside social prescribers, who I also forward the information onto, and this supports their signposting knowledge when working with their patients in the community.”* The feedback also highlighted the value of consistent and well-structured communications, with our regular wellbeing updates inspiring improvements to partner newsletters and engagement approaches.

*“I personally took inspiration from the idea of a regular mailing list, on set days/times and it has helped me to design my mailing list to a higher standard.”*

The collaboration and ongoing communication between organisations continues to strengthen local partnership working and increase the reach of mental health and wellbeing support across the area. *“The level of detail and clarity in all the email communications has been excellent – thank you and we look forward to continue accessing relevant information from your organisation again.”*

– Becca, Community Action Derby



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## DERBYSHIRE MENTAL HEALTH & SUICIDE PREVENTION PROJECT



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🎉 **Congratulations to Our New Mental Health Friendly Clubs** ❤️

We would like to say a huge congratulations to the following clubs and organisations who have now become Mental Health Friendly Clubs:

- Clowne Road Runner
- Rolls Royce Rugby Club
- Harlequin Arts Academy
- Training Aquatic Courses
- Ilkeston Town Football Club
- Repton Tennis/Rackets
- The Slow Girls Walk Club
- Luna Movements CIC
- Mindscapes
- Long Eaton Rugby Club

These clubs are helping to create safe, supportive, and connected environments where people feel able to talk openly about mental health and wellbeing. 🤝 The enthusiasm shown so far has been incredibly encouraging, with clubs actively engaging in introductory sessions and exploring practical ways to support both participants and volunteers. The response highlights the important role grassroots sport and community activity can play in improving mental wellbeing and supporting suicide prevention across our communities.

If you are part of a club or organisation and would like to get involved in the Mental Health Friendly Clubs programme, we'd love to hear from you. 📧

You can register for a free 30 introductory session here:

[Mental Health Friendly Clubs - Introduction Session – Fill out form](#)



**Understanding, Inclusive,  
Supportive**

Find out more or register your interest:

✉️ [franky.boyland@activepartnerstrust.org.uk](mailto:franky.boyland@activepartnerstrust.org.uk)  
✉️ [isabelle@erewashcvs.org.uk](mailto:isabelle@erewashcvs.org.uk)

Together, we can ensure clubs across Derbyshire are places where people thrive – physically and mentally.





**MENTAL HEALTH FRIENDLY CLUBS PROGRAMME  
AIMS TO SUPPORT SPORT AND ACTIVITY CLUBS  
TO PROVIDE A SAFE AND INCLUSIVE  
ENVIRONMENT FOR ADULTS AND YOUNG PEOPLE .**



SUPPORTIVE, INCLUSIVE, UNDERSTANDING

**BY PARTICIPATING IN THE PROGRAMME, YOU WILL GAIN  
ACCESS TO FREE MENTAL HEALTH & SUICIDE PREVENTION  
TRAINING, AS WELL AS CLUB WELLBEING AMBASSADOR  
TRAINING, A RANGE OF RESOURCES TO SUPPORT  
MEMBERS, MENTAL HEALTH PACKS FOR YOUNG PEOPLE,  
AND A DIGITAL BADGE TO SHOW YOUR COMMITMENT TO  
BEING A MENTAL HEALTH FRIENDLY CLUB & LOTS MORE!**

✉ [FRANKY.BOYLAND@ACTIVEPARTNERSTRUST.ORG.UK](mailto:FRANKY.BOYLAND@ACTIVEPARTNERSTRUST.ORG.UK) / [ISABELLE@EREWASHCVS.ORG.UK](mailto:ISABELLE@EREWASHCVS.ORG.UK)

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Written by: Isabelle Grainger

Rethink  
Mental  
Illness

*Rethink wanted to share a quick update on the Derbyshire Mental Health & Wellbeing Support Map: [Mental Health & Wellbeing Support Map](#) May Focus Layers – Now Live*

- Mental Health Awareness Week (11th–17th May)
- The Derbyshire Be Kind campaign
- National Walking Month and outdoor activities

*These layers are designed as a simple starting point to help people:*

- Find support
- Get active outdoors
- Connect with others
- Take small, positive steps for their wellbeing
- Walking Awareness Month

*Alongside Mental Health Awareness Week, the map also highlights:*

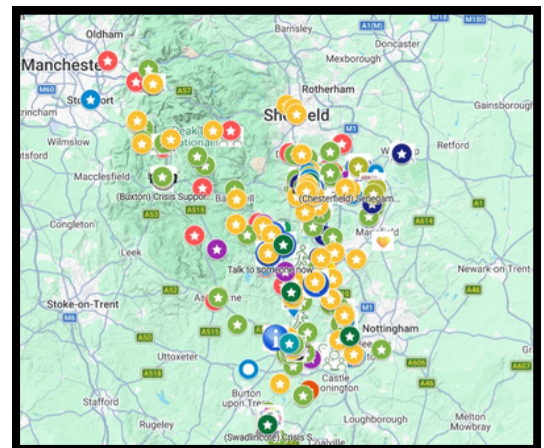
- Local walks and community opportunities
- Outdoor activities across Derbyshire
- Simple ways to support wellbeing through movement, nature, and connection
- Previous Focus Areas

*To keep the map clear and easy to navigate, previous focus areas are now available within the A–Z listings, including:*

- Perinatal Support
- Men's Support
- Loneliness & Isolation
- Eating Disorder Support

*About the Map: The map brings together mental health and wellbeing support across Derbyshire in one simple place:*

- No referral needed
- Easy to explore in your own time
- Designed to help people take the next step



Get in Touch if you have: 1) A new listing 2) An update or correction 3) Feedback or a testimonial. Please feel free to get in touch: [Mark.Hudson@rethink.org](mailto:Mark.Hudson@rethink.org) or [Kerry.Jackson@rethink.org](mailto:Kerry.Jackson@rethink.org)

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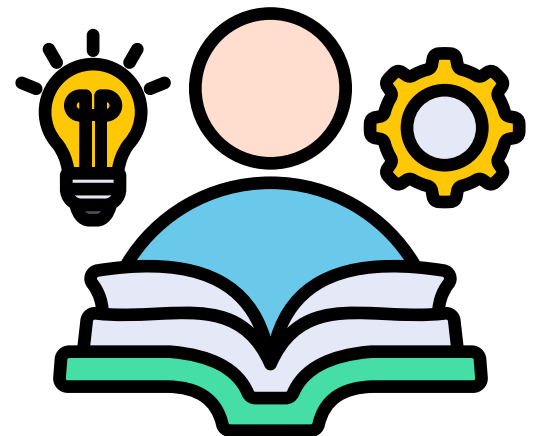
**Free training available across Derbyshire**  
(restrictions apply)

- ZSA 20min E-Learning
- Mental Health Awareness
- Suicide Prevention and Managing Mental Health Conversations
- Suicide Bereavement
- Quality Conversations
- Mental Health First Aid (Youth & Adult)

DERBYSHIRE County Council

Face-to-face suicide awareness and managing mental health conversations training:

one face-to-face session in Loscoe (near Heanor) on suicide awareness and managing mental health conversations 16 June 2026 (afternoon).



Virtual mental health first aid - adult course dates:

The deadline for booking onto the following course is 15 June 2026:

2 live sessions on 6 (all day) and 7 July 2026 (all day).

The deadline for booking onto the following course is 30 June 2026:

2 live sessions on 21 (all day) and 28 July 2026 (all day).

Suicide awareness and managing mental health conversations training

Suicide awareness and managing mental health conversations training is a half-day course designed to increase the knowledge of staff and volunteers with regard to mental health conversations and suicide prevention.



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### Upcoming Awareness Days:

 **Volunteers' Week** (1–7 June 2026) celebrates the incredible contribution volunteers make across communities, charities, healthcare, sports, and local organisations, recognising the positive difference they create every day. Official website: [Volunteers' Week](#)

 **Men's Health Month** (1–30 June 2026) raises awareness of the physical and mental health challenges affecting men and boys, while encouraging open conversations, early support, and healthier lifestyles. Official website: [Men's Health Forum](#)

 **Pride Month** (1–30 June 2026) celebrates LGBTQ+ communities, promotes equality and inclusion, and recognises the ongoing fight for LGBTQ+ rights and visibility around the world. Official website: [UK Pride Organisers Network](#)

 **Loneliness Awareness Week** (15–21 June 2026) encourages people to talk openly about loneliness, reduce stigma, and strengthen social connections within communities, workplaces, and support networks. Official website: [Loneliness Awareness Week](#)

 **World Wellbeing Week** (24–30 June 2026) highlights the importance of mental, physical, emotional, and workplace wellbeing, encouraging healthier habits and supportive environments for everyone. Official website: [World Wellbeing Week](#)



### 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 / [Click here](#)
- Hub of Hope - The UK's Largest Mental Health Support Directory: [Click here](#)
- Derby & Derbyshire Mental Health & Wellbeing Map is a free, interactive map created and facilitated by the Derbyshire Recovery and Peer Support Service (DRPSS): [Click here](#)
- Derbyshire Mental Health Resources Webpage: [Click here](#)
- Sign-up to receive the (free) Derbyshire Mental Health Network Newsletter: [Click here](#)



### Social Media



- **Facebook:** [Click here](#)
- **LinkedIn:** [Click here](#)
- **Instagram:** [Click here](#)

