NOVEMBER 2026

# NEWSLETTER

## *DERBYSHIRE MENTAL HEALTH & SUICIDE PREVENTION PROJECT*

Erewash Voluntary Action
Derbyshire Mental Health and Wellbeing

**Written by: Isabelle Grainger**

***An update on the Mental Health and Suicide Prevention Outreach Project and Mental Health First Aiders Network***

After more than five years of supporting communities across Derby and Derbyshire, the Mental Health and Suicide Prevention Outreach Project (MHSP) and Mental Health First Aiders Network will come to an end in their current form at the end of January 2027.

The project has been running since 2021 and has played an important role in helping communities become more aware of mental health and suicide prevention, building confidence to have conversations, and supporting people to recognise when someone may be struggling and help them access support. Through the project, together we have helped to create more supportive, connected and understanding communities, where people feel better equipped to look out for one another.

The project has been funded by Derby and Derbyshire Integrated Care Board (ICB), commissioned by Derbyshire Public Health and delivered by Erewash Voluntary Action through a fixed-term contract, which is now reaching the end of its agreed period. It has been one of a range of important local initiatives supporting mental health and suicide prevention.

We are working with partners to consider what this means for the community groups, organisations and clubs currently involved, including those supported through the Mental Health Friendly Clubs initiative. Further information about future support arrangements will be shared over the coming weeks.

Importantly, we want to say a heartfelt thank you to everyone who has been part of this work. Whether you have undertaken Mental Health First Aid training, supported someone in your community, helped to deliver activities, or simply played a part in raising awareness and reducing stigma, your contribution has mattered.

Although this project is coming to an end in its current form, the importance of mental health awareness, suicide prevention and communities looking out for one another has not changed. We hope the relationships, skills and confidence developed through this work will continue to make a difference across our communities for many years to come.

**If you have any questions or concerns regarding this please contact the Derbyshire County Council Suicide Prevention team at: ASCH.Suicide.Prevention@derbyshire.gov.uk**

Thank you for your continued support for mental health and suicide prevention.

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***Our final Mental Health First Aiders Listening Lounge*** 💚

On Thursday 12th November, Mental Health First Aider Day, we held our final Mental Health First Aiders Listening Lounge, and what a wonderful session it was!

It was fantastic to welcome even more Mental Health First Aiders from across Derbyshire and Derby City, bringing everyone together for an opportunity to connect, share experiences, peer support and best practice, and take some valuable time for reflection.

We even squeezed in a game of MHFA Bingo – a first for us over Teams! It was lovely to see everyone getting involved and enjoying a bit of fun along the way.

A huge thank you to Mark (Head of Service | Derbyshire Adult Community Education Service) for joining us as our guest speaker and sharing his insights, and to Nikki Hall for providing our lovely Mindful Moments, giving everyone the opportunity to pause, reflect and take a little time for themselves.

It was a really special way to bring our Listening Lounges to a close.

The Association of Mental Health First Aiders provides ongoing support and development opportunities for those who have completed an MHFA England Adult or Youth Mental Health First Aider two-day course. Membership includes:

Mental Health First Aider® MHFA England

DERBYSHIRE MENTAL HEALTH FIRST AIDERS NETWORK

- Access to the MHFAider Support App.
- Access to the MHFA England Online Learning Hub.
- First-hand insights and shared experiences.
- Ongoing learning and development opportunities.
- Monthly newsletters.
- Membership can also be maintained through completion of the MHFA Refresher course.
- Further information about joining the Association can be found here: https://www.aomhfa.org/membership/how-to-join/

**Thank you to everyone who has joined us, contributed and helped make these sessions such a welcoming and supportive space. It's been a pleasure bringing our MHFA community together and celebrating those who support others.**

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**Written by: Isabelle Grainger**

***November Activities:***

For National Self-Care Week (16-22 November 2026), we're took the opportunity to shine a light on the importance of looking after ourselves and making time for our own wellbeing.

Self-care looks different for everyone. It doesn't have to mean making big changes or finding lots of extra time; sometimes it's about the simple things that help us relax, recharge and feel more like ourselves.




To celebrate, staff at Erewash Voluntary Action have been sharing some of the ways they practise self-care, from cycling through the Peak District and enjoying woodland walks with their dogs, to getting out in the fresh air and making time for exercise.

Take a look at what some of our team had to say! 🌿



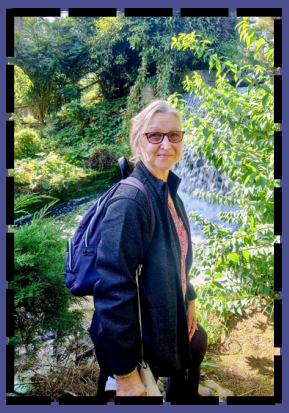
*"To take care of my mind and body, I try to get on the exercise bike for 20mins at least twice a week. It helps to keep my body fit and clears my mind, too. I also like to get out for a good walk when I can and take in some sunshine and nature"* - **Kat**



*"I love to get out into the peak district on my bike, it really blows the cobwebs away and helps me to clear my thoughts. Self-care isn't selfish, and it doesn't have to be complicated. It's about finding the things that help you relax and give you a little time for yourself"*- **Debra**



*"I enjoy going to the gym regularly and attending Pilates classes. I also love exploring new places, discovering different things and trying new foods. I enjoy keeping active, experiencing new things and making the most of opportunities to get out and about"* - **Izzy**



*"One of my favourite ways to look after my mind and body is a gentle woodland walk with Rosie my dog. I love taking my time, looking up into the trees, noticing what plants are growing and getting ridiculously excited when I spot a tiny mushroom! 🍄 Moving at my own pace helps me loosen up, clear my head and come home feeling more like myself"* - **Nikki**



*"I love dog walking and getting out in the fresh air. It's my favourite way to switch off, clear my head and enjoy a bit of time away from everyday life. Whether it's exploring somewhere new or just going for a stroll, spending time outdoors with my dog Bruce always makes me happy!"* - **Jo**

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***A little festive sparkle at our team meeting this month!***

We took our team meeting on the road this month and enjoyed a lovely festive catch-up at Derby Garden Centre!

Surrounded by all things Christmassy, and fuelled by some delicious coffees and hot chocolates, it was a wonderful opportunity to come together, share updates on our work, celebrate what we've been doing and make some valuable connections.

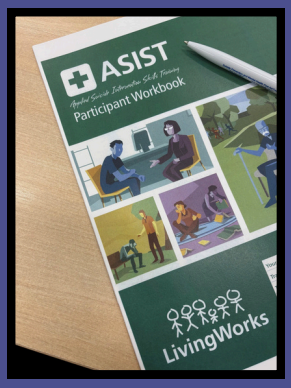
It's so important to take time out of our busy schedules to connect, share ideas, support one another and recognise the fantastic work happening across our team.

Lots of festive cheer, plenty of conversation and a really lovely way to spend some time together!










💛 ***Strengthening Our Suicide Prevention Skills – ASIST Training***

Debra and Izzy from the Mental Health Team recently travelled to Coventry to complete Applied Suicide Intervention Skills Training (ASIST) with LivingWorks. ASIST is a two-day interactive course that develops the skills and confidence to recognise when someone may be thinking about suicide, offer support and help them create a plan to stay safe.

🤝 We had a fantastic experience learning alongside a wonderful group of people. A big thank you to our brilliant trainers, Becki and Natalie, for making the training so engaging and supportive!

A special thank you to Toyota Charitable Trust for funding the training and making this opportunity possible.

Find out more about ASIST: https://livingworks.net/training/livingworks-asist/

OCTOBER 2026

# NEWSLETTER

## *DERBYSHIRE MENTAL HEALTH & SUICIDE PREVENTION PROJECT*



**Written by: Isabelle Grainger**

***Upcoming Awareness Days – December 2026:***



🕊️ **2–8 December – National Grief Awareness Week**: An opportunity to encourage open conversations about grief and bereavement, recognise that everyone experiences loss differently and remind people that support is available. 🔗 The Good Grief Trust

💜 **3 December – International Day of Persons with Disabilities**: A day to celebrate the contributions of people with disabilities, promote equality and inclusion, and highlight the importance of removing barriers to accessing services and support. 🔗 United Nations

💚 5 **December – International Volunteer Day**: An opportunity to recognise and celebrate volunteers and the positive difference they make within our communities, while acknowledging the importance of supporting volunteer wellbeing.



🎄 **10 December – Christmas Jumper Day:** Save the Children's annual fundraising campaign encourages everyone to wear their favourite festive jumper, have some fun and raise money to help improve children's lives. 🔗 Save the Children

☀️ **December – Seasonal Affective Disorder (SAD) / Winter Wellbeing**: Shorter days and reduced daylight can affect our mood and energy levels. An opportunity to share advice on recognising SAD, looking after our mental health during winter and knowing where to access support.🔗 NHS – Seasonal Affective Disorder



***Signposting & Services***

- NHS 111 and then selecting the 'mental health' option (option 2). Deaf community - Call 111 using the SignVideo app or SignVideo website.
- 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

Erewash Voluntary Action

Erewash Voluntary Action
Community Development

Erewash Voluntary Action
Volunteer Centre

Erewash Voluntary Action
Derbyshire Mental Health and Wellbeing Team

# Countywide Christmas Networking Event

including Erewash Community Network

**Date**
**7th December 2026**

**Time**
**9:30am – 12:30pm**

**Location**
**Erewash Voluntary Action**
Granville Avenue, Long Eaton, Derbyshire, NG10 4HD

## Drop-in Event

Feel free to pop in anytime between 9:30am and 12:30pm.

## Bring Along

- Leaflets and information to share
- Business cards
- Details of your organisation or service

## Network

With individuals and organisations across the county and City.

*Let's connect this Christmas!*

STRONGER COMMUNITIES TOGETHER