

JUNE 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@erewashcvs.org](mailto:isabelle@erewashcvs.org)

Written by: **Isabelle Grainger**


## DERBYSHIRE MENTAL HEALTH FIRST AIDERS NETWORK

A huge thank you to everyone who has joined the Mental Health First Aiders Network! Our network is a safe and supportive space for Mental Health First Aiders across the Derbyshire County and City to come together, share challenges, explore solutions, exchange best practices, and offer peer support.

We're excited to share the upcoming dates for our next **Listening Lounges**, open to all network members:


### **Tuesday, 9th July 2025**

 10:00am – 1:00pm


 Honey Hope Farm, Bullpit Lane, Duffield, DE56 4FQ


### **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 are not already a member, and want to join, please email your certificate to: [mhfa@erewashcvs.org.uk](mailto:mhfa@erewashcvs.org.uk). Whether you're just starting out or have years of experience supporting mental health, this is a fantastic opportunity to stay connected, learn more, and strengthen your community's approach to wellbeing.

These sessions are free, informal and welcoming – feel free to drop in for as long as you can. We look forward to seeing you there and continuing to build a strong, supportive community together!



Derbyshire Mental Health Team

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Written by: Isabelle Grainger



### Activity:

#### • Volunteers Week 2-8th June 2025!

On Sunday 8<sup>th</sup> June 2025 we came together at Long Eaton RFC to recognise and celebrate the incredible volunteers who make such a meaningful difference across our communities. As part of the Volunteer Celebration Event, it was a real privilege to be surrounded by passionate individuals and organisations who give their time, energy, and heart to support others – from mental health and wellbeing initiatives to community safety, youth engagement, and beyond.

Thank you to everyone who stopped by for a chat, took part in our activities, or simply showed their support. And of course, a special shoutout to Long Eaton RFC for being such amazing hosts 🏈.

*“Volunteering not only helps build stronger communities but also boosts mental wellbeing. Giving your time to help others can reduce stress, combat feelings of loneliness, and gives a sense of purpose which are all key factors in maintaining good mental health” -*

Kathryn Russell (Volunteer Centre Manager)



**BETTER WAYS TO BETTER DAYS**  
LIVING WITH CHRONIC PAIN & LONG TERM ILLNESS  
UNITED REFORMED CHURCH - LONG EATON



Living with chronic pain, a long term illness, a disability or an invisible illness can be difficult and exhausting. You may feel frustrated, isolated or a burden to others. We share our experiences and tips, so come and talk to people who understand.

We meet on the Third Tuesday of the month, 1.30pm-3.30pm at the United Reformed Church Hall, Nottingham Road, Long Eaton, NG10 1HQ  
To attend please contact [ben.gough@rethink.org](mailto:ben.gough@rethink.org)

### Listening to your experiences:

Susie Lambert founded All Things Craft and Better Ways to Better Days, leads Walks4Wellbeing, and co-developed projects like Men's Walk 4 Wellbeing and All Things Yarn, connecting people through creativity and nature. An early Mental Health First Aider, she joined the Derbyshire Mental Health & Suicide Prevention Project and MHFA Network to share knowledge, offer peer support, and help others feel less alone. She's taken part in events like All Words, All Actions, All Weathers, running workshops and sharing her story through art.

*“Being part of the network helps me feel connected and supported,” she says. “Together, we reduce stigma and support mental wellbeing.”*

Susie has received the Erewash Active Lives Adversity Award and contributed to two Guinness World Records and the Moths to a Flame project. She continues to signpost others to MHFA training and looks forward to future collaborations—including the upcoming Baton of Hope events.

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### Mental Health & Suicide Prevention Survey 2025!

Thank you to everyone who took part in the Mental Health & Suicide Prevention Outreach Project Survey 2025. Your responses have provided invaluable insights into how our work is reaching communities across Derbyshire & the City.

👉 A significant number of respondents reported being aware of the project, with many actively engaging through emails, training sessions, social media, and in-person events such as visits and meetings. Community visits, and local partnerships were frequently mentioned as key points of engagement.

🧠 Encouragingly, participants praised the project for its impact, describing it as “brilliant,” “fab,” and “useful,” with strong support for our awareness training and bereavement resources.

💛 Many of you expressed interest in further collaboration, inviting us to participate in local events including coffee mornings, warm spaces, support groups, and recovery services. We're excited to connect and strengthen these partnerships.

✉️ Finally, several respondents asked for more information on the signing posting to training around mental health & suicide prevention.



### New & Improved Self-Help Guides – Now Available!

We're excited to share the latest update to our Self-Help Guides, developed to support both neurodivergent and neurotypical individuals of all ages.

These free and versatile resources can be easily downloaded, edited digitally, or printed for offline use.

We also offer printed booklets upon request.

#### Each guide includes:

- ✅ Practical advice
- ✅ Reflective exercises
- ✅ Useful tools like sleep and emotion charts, weekly planners, and more

Explore the full collection here ➡

[dccmhsp.com/Selfhelp](https://dccmhsp.com/Selfhelp)

Feel free to share with anyone who might benefit!





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### Awareness days:

- 24th July Samaritans Awareness Day - Raising awareness throughout July, to let people know that they can talk to the Samaritans, day or night, 24/7.  
(Source: <https://www.samaritans.org/support-us/campaign/samaritans-awareness-day/>)
- 24<sup>th</sup> July: Self Care Day. (<https://www.who.int/news-room/events/detail/2023/06/24/default-calendar/self-care-month>)
- 25th July: National Schizophrenia Awareness Day - Schizophrenia is a common mental illness that affects 1 in 100 people in their lifetime, yet the condition is widely misunderstood. Hosted by Rethink Mental Illness, National Schizophrenia Awareness Day shines a light on the challenges faced by people living with a diagnosis of schizophrenia in the UK and beyond.  
(Source: <https://www.rethink.org/campaigns-and-policy/awareness-days-and-events/national-schizophrenia-awareness-day/>)
- 30th July: World Friendship Day 🤝😊.

### Events Coming up:

- 6th July: 10am-3pm Long Eaton Summer Fete for the Baton of Hope.

See more information here: <https://batonofhopederbyderbyshire.co.uk/>



### Training:

Take part in a 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/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).