

JUNE  
2026

# NEWSLETTER

## DERBYSHIRE MENTAL HEALTH & SUICIDE PREVENTION PROJECT



Written by: **Isabelle Grainger**

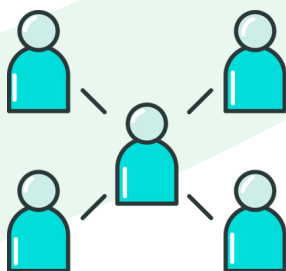
We're excited to bring you the latest updates, insights, and opportunities from the Derbyshire Mental Health & Suicide Prevention Project (MHSPP), hosted at Erewash Voluntary Action (EVA) and Derbyshire Mental Health First Aiders Network. In this edition, we'll share highlights of our recent activities, 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)

Our Mental Health First Aid network continues to grow and strengthen through the commitment of individuals and organisations across the community. Over recent months, we have seen increasing engagement through online Listening Lounges, resource sharing, partnership working and ongoing conversations around mental health and wellbeing.

The network includes a growing number of trained Mental Health First Aiders across a range of organisations and community settings, helping to create more supportive and mentally healthy environments. Feedback from participants has highlighted increased confidence in having supportive conversations, greater awareness of available resources, and the value of feeling connected to a wider network focused on prevention, early intervention and community wellbeing.



### DERBYSHIRE MENTAL HEALTH FIRST AIDERS NETWORK



Being part of the Mental Health First Aid network means supporting others through difficult moments, but it is equally important that first aiders also look after their own wellbeing, this is something we really emphasize through the Listening Lounges.

Mental Health First Aiders are there to listen, support, reassure and signpost individuals to appropriate help – not to take on the role of counsellor or crisis service. Taking time to debrief after challenging conversations, connecting with peers within the network, and recognising personal boundaries are all essential parts of maintaining wellbeing and confidence in the role.

Remember: you are support, not rescue. By looking after ourselves and each other, we can continue creating safe, compassionate spaces across our communities and organisations.

## 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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Volunteers' Week 2026 ❤️

For Volunteers' Week (1st-7<sup>th</sup> June), we said a huge thank you to every one of our incredible volunteers.

Your kindness, dedication, and willingness to give your time make a real difference every single day. Whether you're offering a listening ear, supporting events, helping behind the scenes, or simply bringing a smile to someone's face, your contribution helps strengthen our community and improve the lives of so many people.

Volunteering is about more than giving time – it's about creating connections, building confidence, and making a positive impact. We are grateful for the energy, compassion, and commitment you bring to everything you do.

To all our volunteers, past and present: thank you for being the heart of our organisation. We simply couldn't do what we do without you!



### The Erewash Community Volunteer Event:

Brought together local organisations, volunteers, and community members to celebrate the incredible contribution that volunteers make across the borough. The event provided an opportunity for attendees to network, share experiences, and learn about the wide range of volunteering opportunities available within the community



It was inspiring to see so many individuals and organisations committed to supporting local wellbeing, strengthening community connections, and making a positive difference in the lives of others.

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### ***Youth Alliance & Children and YP Networking Meeting***

On 18th June, Izzy had the opportunity to attend the Youth Alliance Children and Young People Network Meeting in Derby, where she presented on the Mental Health and Suicide Prevention Project and the work being delivered across Derby City and Derbyshire.

It was fantastic to connect with professionals and organisations from across Derby who are all committed to improving outcomes for children and young people. Opportunities like these help strengthen partnerships, share learning, and increase awareness of the support available within our communities.

### ***Long Eaton Carnival 2026!***



The Mental Health Team had a fantastic time at the Long Eaton Carnival on Saturday 20th June! It was a brilliant day filled with sunshine (mostly), community spirit, and plenty of opportunities to meet and chat with lots of wonderful people from across the local area.



### ***Loneliness DMHF Network Meeting***

As part of Loneliness Awareness Week, Derbyshire Mental Health Team and EVA's Community Development Team jointly hosted a successful network event attended by over 30 people from across Derbyshire. The morning featured inspiring presentations on reducing loneliness and strengthening community connections, including updates on EVA's Hobby Buddy Project, a personal wellbeing journey shared by photographic artist Tony Fisher, and community resilience initiatives from Derbyshire County Council.

Attendees also heard about a wide range of local projects supporting mental health, wellbeing, and social inclusion, leaving with valuable new ideas, information, and connections to help build stronger, more connected communities.

Tony Fisher (Artist.)



***Huge thank you to everyone who attended, presented, and contributed to such a positive and inspiring event.***



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### Important Information:

**Derbyshire Mental Health Helpline: 0800 number to be switched off on 1 July: Information for Derbyshire groups and organisations**

Since April 2024, the 24/7 Derbyshire Mental Health Helpline and Support Service has been offering local people two ways to call the team: via an 0800 number and via NHS 111.

From 1 July 2026, the only way to contact the helpline will be by calling 111 and then selecting the 'mental health' option (option 2). The 0800 number – 0800 028 0077 – will be switched off on this date.

**Action: Make changes to your webpages and directories. Replace old posters, leaflets and other resources. (Can be ordered from here - <https://dccmhsp.com/ResourceOrderForm>)**

The line serving the Deaf community will continue to operate as usual. First, call 111 using the [SignVideo app](#) or [SignVideo website](#). This will connect the user via video link to a BSL interpreter. The BSL interpreter will also need the name of the nearest town or city the individual is calling from.

The helpline is just one of the options for local people with urgent mental health needs. There are also crisis drop-in services and safe havens; learn more on the [Derbyshire Healthcare NHS Foundation Trust website](#).


Stay up to date on mental health and suicide prevention in Derbyshire by [Signing up to our newsletter here](#).


Mental Health and Suicide  
Prevention (MHSP) Project Survey  
2026



 **We'd love to hear from you!**

As part of our ongoing work to develop and improve the MHSP project, we're asking members to complete a short survey and share their feedback. Your views will help us understand what's working well and where we can make improvements to better support our network and communities.

 Complete the survey here:  
<https://forms.office.com/e/Lt4R7qMRLZ?origin=lprLink>

 **17** The survey closes on 8 July, so please take a few minutes to have your say before then.



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## DERBYSHIRE MENTAL HEALTH & SUICIDE PREVENTION PROJECT

Understanding, Inclusive,  
Supportive

Written by: Isabelle Grainger



 **Mental Health Friendly Clubs** 





We were delighted to host our second Mental Health Friendly Clubs introductions on Microsoft Teams on 9th June 2026. With two online sessions available throughout the day, it was great to welcome so many new faces from a variety of clubs and organisations interested in promoting positive mental health and wellbeing within their communities.

The sessions provided an introduction to the Mental Health Friendly Clubs programme, outlining the support, resources, and training available to help organisations create more inclusive, supportive environments. Thank you to everyone who joined us—it was fantastic to meet you all, and we look forward to supporting you on your Mental Health Friendly Club journey.

**You can register for a free 30 introductory session here:**

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

**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.

### ***New Training!***

New ZSA training: ZSA Supporting a Stranger training looks at recognising signs of distress in public spaces and how a simple, compassionate conversation can interrupt a crisis. Based on a real experience, this single scenario course offers practical tips, personal safety guidance and space to reflect on the emotional impact of helping someone. You can make a difference. Be prepared: <https://www.zerosuicidealliance.com/stranger-suicide-training>.





**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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Take care  
of yourself  
first

### Upcoming Awareness Days – July 2026

 Disability Pride Month – Throughout July:

Disability Pride Month celebrates the achievements, identities, and contributions of disabled people while promoting inclusion, accessibility, and equality. Learn more: <https://disabilitypride.org/>

 International Self-Care Day – 24 July:

International Self-Care Day highlights the importance of looking after our physical, mental, and emotional wellbeing every day. Learn more: <https://isfglobal.org/>

 Samaritans Awareness Day (24/7) – 24 July:

Samaritans Awareness Day raises awareness of the importance of emotional support and suicide prevention, reminding us that help is available 24 hours a day, 7 days a week. Learn more: <https://www.samaritans.org/support-us/campaign/samaritans-awareness-day/>

 National Schizophrenia Awareness Day – 25 July:

This day aims to improve understanding of schizophrenia, challenge stigma, and encourage supportive conversations about mental health. Learn more: <https://mentalhealth-uk.org/get-involved/mental-health-awareness-days/national-schizophrenia-awareness-day/>

### 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](#)