

# NEWSLETTER

## DERBYSHIRE MENTAL HEALTH & SUICIDE PREVENTION PROJECT



Written by: Isabelle Grainger

Happy Easter!

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.

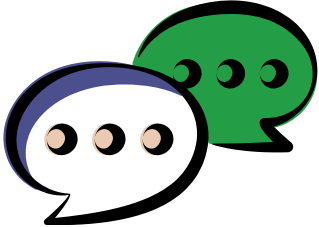
If you have anything you'd like sharing in the newsletter, from success stories, hints and tips or any resources you've found helpful, please contact: [isabelle@erewashcvs.org.uk](mailto:isabelle@erewashcvs.org.uk)

### Stress Awareness Month: The Power of Being Heard



April marks Stress Awareness Month – a time to reflect on how stress shows up in our lives and the simple, meaningful ways we can manage it. One thing we often overlook is the impact of being truly listened to.

In a fast-paced, always-connected world, many of us carry stress quietly. We push through, stay busy, and don't always give ourselves the space to pause and share what's on our mind. Sometimes, what helps most isn't advice or solutions – it's having the time and space to talk, without judgement or interruption.



### That's where our Online Listening Lounges come in.

These spaces are designed to offer just that – a calm, supportive environment where you can speak openly, reflect, or simply sit and listen. Whether you've had a challenging week or just need a moment to reset, you're welcome - Scan the QR below to get your tickets.



As part of Stress Awareness Month, it's a good opportunity to think about how we support not only ourselves, but each other – and how small moments of connection can make a big 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:**



**TUESDAY 12TH MAY**



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**



APRIL  
2026

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### Welcoming Our New Volunteers!

We're pleased to welcome two new volunteers, Joe and Mia, who will be supporting the Derbyshire Mental Health team.

They'll be getting involved across upcoming activities and helping to create supportive spaces within our work – so if you see them at events, please do say hello!

Here's what they had to say about joining:

#### Joe:

*"I wanted to expand on my voluntary work in mental health and support what Erewash CVS has to offer. It's a great way to give support to others while strengthening my studies in Psychology, specialising in mental health. Being part of such a great team offering important services is really exciting."*



Joe

#### Mia:

*"I'd love to volunteer as a way to give back to my area, support others, and learn while meeting new people."*



Mia

We're really glad to have them on board and look forward to the impact they'll make as part of the team.

**Mental Health Awareness Week** is soon approaching and it is a chance for us all to come together to raise awareness, start conversations, and take meaningful action to support our own wellbeing and that of others. Led by the Mental Health Foundation, this year's message encourages us to take action for ourselves, for others, and for our communities. A simple way to get involved is by wearing green on 14th May – helping to spark conversations and show support for mental health awareness.

You can also take part by checking in with a friend, colleague, or loved one and encouraging open, supportive conversations.

Find out how to get involved: <https://www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week>



APRIL  
2026

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We're incredibly grateful to Toyota UK Manufacturing Charitable Trust for their generous donation of £2,552 to support our work

We had the pleasure of attending their Celebration Event at the Burnaston site, alongside a range of inspiring local groups and organisations. It was fantastic to be there with our wonderful volunteer Joe Ward and his group, ManClub. The afternoon was a great opportunity to learn more about – and celebrate – the incredible work happening across the county to support people through Toyota's key priorities of road safety, social inclusion and health.



This kind donation will directly support our 2026 Mental Health & Suicide Prevention Conference, taking place on 16th September at the Post Mill Centre in South Normanton. Events like this are vital in bringing people together, sharing knowledge, and strengthening support for our communities.

Since production began in 1992, Toyota Manufacturing UK has contributed over £8 million to local charities and community organisations. Through the establishment of the Charitable Trust in 2008, they have continued to champion and invest in meaningful local initiatives – and we are proud to be part of that impact.

**Thank you again to TMUK Charitable Trust for your continued support – it truly makes a difference!**



### World Health Day in action!

Joanne and Nikki were out and about at the World Health Day information stall event at Greenbank Leisure Centre in Swadlincote.

They spent time chatting with members of the local community, sharing information, and helping people learn more about the support and services available to them. It was a great opportunity to connect with residents, raise awareness, and promote the importance of looking after mental health and wellbeing.



APRIL  
2026

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### Case Study: Building Confidence to Support Mental Health in Leisure Settings

A colleague from Greenbank and Etwall Leisure Centres has shared how working with the Derbyshire Mental Health Team has supported both staff development and customer wellbeing.

A tailored action plan has provided practical tools and resources for staff – particularly Front of House teams and Activity Leaders – helping them feel more confident supporting customers and having conversations around mental health. It has also strengthened their ability to signpost people to local charities and community support.

Information stalls delivered in partnership with the Derbyshire Mental Health Team have helped create more open, welcoming environments, encouraging conversations and offering visible support within leisure settings.

Regular updates have kept staff informed about local events and training opportunities, leading to further development, including enrolment onto a Mental Health First Aider course.

*“I’ve found the action plan very useful as this has provided me with resources which I have been able to share with leisure centre colleagues such as Front of House and Activity Leaders, who come into contact with vulnerable people each day. I believe this will be a helpful tool for staff to use when supporting people with conversations surrounding mental health. I really liked that the action plan included charities and community groups that we can signpost customers towards, raising an awareness of the support available locally. The information stalls were an excellent opportunity for us to create a more welcoming and supportive facility with the Derbyshire Mental Health Team attending sites to share resources and engage with customers in conversations, offering practical support and guidance, and I’d love to work with you to create further opportunities in future. The regular emails and updates are also useful to keep me informed of upcoming events locally as well as support and training available. This is how I enrolled onto the Mental Health First Aider course which I’m completing this month. Isabelle has been very helpful in sharing best practice to support me in utilising the knowledge gained from this course effectively within the South Derbyshire leisure facilities.”*

This partnership highlights the value of equipping community-facing staff with the confidence, knowledge, and resources to support mental health – helping to create safer, more supportive spaces for everyone who walks through the door.



APRIL  
2026

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### Mental Health Friendly Clubs

The Mental Health Friendly Clubs (MHFC) programme is now well underway and is progressing really positively, with momentum building across the county. It's encouraging to see such a strong response, with a wide range of sports clubs already signed up and actively engaging in upcoming introductory sessions. Delivered in partnership with Active Derbyshire, the programme recognises and builds on the vital role that grassroots sport already plays in strengthening confidence, connection, and community. MHFC takes this a step further by supporting clubs to place mental wellbeing at the centre of their culture, helping to create environments where people feel safe, supported, and able to talk openly about mental health.

Early engagement has been excellent, with clubs showing real enthusiasm to learn, reflect, and develop practical approaches that support both participants and volunteers. The response so far highlights the appetite within the sporting community to go beyond physical activity alone and contribute meaningfully to mental health and suicide prevention.

If you are a club, whether small or large, and would like to get involved, click on the link to sign up for the next introduction session.

You can register for a 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  
isabelle@erewashcvs.org.uk



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



Understanding, Inclusive,  
Supportive



**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)

APRIL  
2026



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### Call for Papers

*Derbyshire Mental Health & Suicide Prevention Conference – September 2026*

We are inviting submissions for presentations, workshops, and case studies for the upcoming Derbyshire Mental Health & Suicide Prevention Conference, taking place on **16 September 2026 at The Post Mill Centre in South Normanton, Derbyshire. DE55 2EJ.**

This conference will bring together professionals, voluntary and community organisations, people with lived experience, researchers, and partners working across the system to improve mental health and prevent suicide across Derbyshire.

### Theme

This year's conference focuses on local insight, collaboration, and practical action across Derbyshire. We are particularly interested in work that reflects the experiences, needs, and innovations within Derbyshire communities.

For more details, or to submit your idea's, please email: [mentalhealth@erewashcvs.org.uk](mailto:mentalhealth@erewashcvs.org.uk)



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### Upcoming Awareness Days:

#### Maternal Mental Health Awareness Week (4–10 May 2026):

A dedicated week to raise awareness of mental health challenges during pregnancy and the first postnatal year. It highlights the importance of early support, reducing stigma, and ensuring parents can access the help they need. Find out more: <https://maternalmentalhealthalliance.org/>

#### Mental Health Awareness Week (11–17 May 2026):

Led by the Mental Health Foundation, this is the UK's biggest mental health campaign. It encourages open conversations, raises awareness, and promotes simple steps we can all take to support our wellbeing. Find out more: <https://www.mentalhealth.org.uk/>

#### Mental Health Awareness Month (May):

Observed globally, this month provides an opportunity to focus on mental wellbeing, challenge stigma, and encourage individuals and communities to prioritise mental health. Find out more: <https://www.mhanational.org/>

#### World Meditation Day (21 May 2026):

A day dedicated to promoting mindfulness and the benefits of meditation for mental health. It's a great opportunity to encourage relaxation, stress reduction, and self-care practices. Find out more: <https://www.un.org/>

### 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](#)

