

SEPTEMBER
2026



NEWSLETTER

DERBYSHIRE MENTAL HEALTH & SUICIDE PREVENTION PROJECT



Derbyshire Mental Health Team

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



Sally B - The Slow Girls Walk Club™



James Creaghan - Public Health Lead for Mental Health and Suicide Prevention



Isabelle Grainger - MHSP Project Officer

Mental Health & Suicide Prevention Conference – 16 September 2026 ❤️

After months of planning and organising, what an impactful and inspiring day! A huge thank you to everyone who joined us and helped make the conference such a success.

It was fantastic to see so many new and familiar faces coming together to network, share ideas, learn from one another and celebrate the incredible work happening across Derbyshire and Derby City. Hearing from people with lived experience was a particularly powerful part of the day, reminding us why this work matters and the importance of listening, learning and working together.

A huge thank you to all our wonderful speakers, stallholders, contributors and everyone who attended. And a very special thank you to Toyota Charitable Trust for funding this event, and the Post Mill Centre for helping make the day possible.

Together, we can continue to open up conversations, challenge stigma and make a real difference to mental health and suicide prevention. **See below for our wonderful guest speakers and stallholders, and the amazing work they shared with us on the day! ✨**



Nikki Hall - WorkLife Balance Coach & NLP Practitioner

Coaching with Nikki Hall

nikki@coachingwithnikkihall.co.uk

Mindful Moments - Your Circle of Calm, Strength and Compassion.

Nikki Hall is a Work-Life Balance Coach, NLP Practitioner and qualified Mentor, drawing upon more than 30 years' experience in NHS nursing, leadership and workforce development. Through coaching, mindfulness and nature-inspired practices, she helps people move from stress and overwhelm towards greater calm, confidence and sustainable balance.

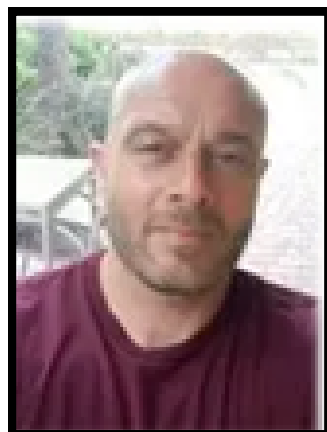


Johannes Leitner - Business Development Manager Medical Directorate

Derbyshire Healthcare Foundation Trust

johannes.leitner1@nhs.net

My background in mental health is mostly working and managing crisis teams in Cornwall, for East London Foundation Trust, and Derby. I was the Suicide and Self Harm prevention lead for DHCFT before changing my role and helped author and over see the Trust's Suicide Prevention Strategy (2026). I'm passionate about mental health care and suicide prevention in particular and it was a privilege to work in the role with so many people who were equally as passionate and dedicated.



James Creaghan - Public Health Lead for Mental Health and Suicide Prevention

Derbyshire County Council

james.creaghan@derbyshire.gov.uk

Self-harm and Suicide Prevention in Derbyshire - An overview of the strategic approach to mental health, self-harm and suicide prevention in Derbyshire. The new local suicide prevention strategy has a 'call to action' which empowers and enables local people, partners, groups and organisations to play a proactive role to support themselves and others.



Isabelle Grainger - Mental Health & Suicide Prevention Project Officer Erewash Voluntary Action

isabelle@erewashcvs.org.uk

An overview of the past 12 months delivering the Mental Health & Suicide Prevention Project, highlighting key achievements, positive experiences, partnership working, and the learning and development gained throughout the year.



Debra Dudley - Mental Health & Wellbeing Team Manager

Erewash Voluntary Action

debra@erewashcvs.org.uk / Joanne@erewashcvs.org.uk



Connections Create Change - One connection can change a conversation. One conversation can build a partnership. One partnership can strengthen a community. An overview of the role of Derbyshire Mental Health Forum **With Joanne Keeton - Mental Health Team Coordinator**



Jenny Ness - Lead Health Services Researcher/ Chief Investigator

Derbyshire Healthcare NHS Foundation Trust

jennifer.ness@nhs.net

Keith Waters - Honorary Researcher / Co-Lead

Derbyshire Healthcare NHS Foundation Trust

keith.waters@nhs.net

The unseen need - Learning from the Multicentre Study of Self-harm in England - Self-harm is the strongest known risk factor for future suicide, with around 3,000 self-harm-related Emergency Department attendances recorded in Derby each year. Drawing on findings from the Multicentre Study of Self-harm in England, this presentation will challenge common misconceptions about self-harm and highlight groups at particularly high risk of future harm and premature death who are often overlooked in policy and practice. We will share evidence relating to older adults, middle-aged women, alcohol misuse and self-cutting, alongside insights into what can make a difference during periods of crisis.

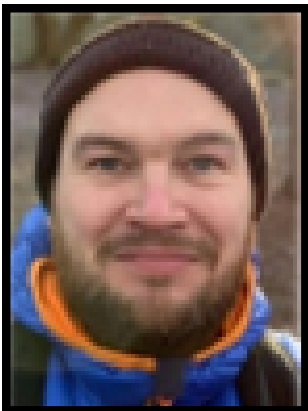


Sally B - Founder

The Slow Girls Walk Club – High Peak Edition

girilonabenchsally@gmail.com

Slow Steps, Big Difference - A Grassroots Lived Experience Approach to Community Mental Health, Connection and Suicide Prevention.



Ian Boyd – CEO

Mind Over Mountains

ian.boyd@mindovermountains.org.uk

Mind Over Mountains - the evidence and impact of Green Social Prescribing - Exploring how collaboration with organisations and communities (particularly emergency responders and health professionals) is helping to make nature-based mental health support more accessible and extend its reach.



Mick Earle – Co Founder

Men's Space Men's Wellbeing Network

mens.space.uk@gmail.com

'The Value of Us' - Explores: The rationale behind setting up Men's Space. The techniques we adopt to create a safe space for our guys. Some of the tangible benefits our guys derive from our group.



Alison Jones - CEO

Communication Unlimited

alison.jones@cu-bsl.co.uk

An overview of the work being done in Derbyshire to improve access to mental health services for Deaf people, this important piece of work is being done collaboratively with a range of organisations and the Deaf community.

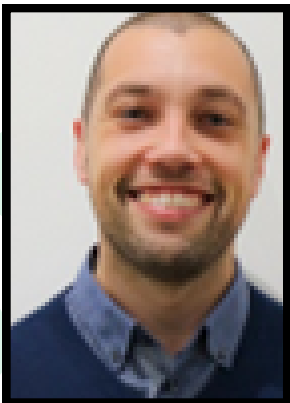


Ajay Gorman - Operations Director

Willow Path

agorman@willowpath.co.uk

Workplace Wellness - This session explores the critical role workplaces play in shaping mental health outcomes, particularly within sectors that support young people. While much attention is rightly placed on the wellbeing of those we support, the mental health of staff is often overlooked. This presentation will highlight why every employer has a duty of care not only to the individuals they support, but also to their employees.



James Bromley - CEO

Erewash Voluntary Action

James@erewashcvs.org.uk

EVA Updates and Close - James will provide a brief summary of the themes and presentations for the day before bringing the conference to a close.

Meet the Stall Holders!

We were also joined by a fantastic range of stallholders on the day, who shared information, resources and support with our delegates. A huge thank you to DRPSS, Mindscapes, Support Through Sport, Art Therapy, Mental Health Motorbike, Will Garvey Trust Foundation, Life Dronfield and Kooth for being part of the conference.

Thank you for giving your time, sharing the brilliant work you do, and for all the great conversations you had with people throughout the day. It was fantastic to have such a range of organisations represented and to see so many connections being made.

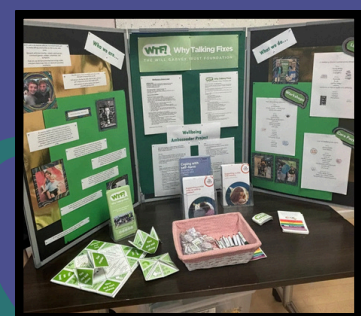
Life Dronfield



Mindscapes



Kooth



Will Garvey Trust Foundation

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Conference Feedback

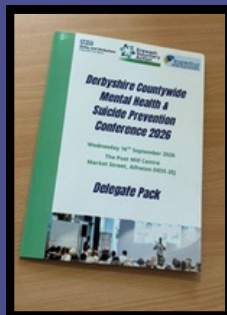
We've been really pleased with the feedback from our 2026 Mental Health & Suicide Prevention Conference. The vast majority of attendees rated the conference 4 or 5 out of 5, with particularly positive feedback around the guest speakers, lived experience, informative sessions and opportunities to network and connect with others.

It was great to hear that the day provided a valuable opportunity to share ideas, learn from one another and celebrate the work happening across Derbyshire and Derby City.

We've also taken on board some great suggestions for future conferences – and we're excited to say that planning for next year's conference has already begun!

4.64

Average Rating



What you said about the event:

"Yesterday's Mental Health & Suicide Prevention Conference was, without a doubt, one of those days I'll always remember".

"Networking opportunities. Content really informative. Great range of attendees".

"Lived experience elements were valued".



Ian Boyd – Mind Over Mountains



Mick Earle -Men's Space Men's Wellbeing Network



Nikki Hall -
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Johannes Leitner -
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Takeaways from the day

The conference gave us plenty to reflect on, but one message came through clearly: mental health and suicide prevention is something we all have a role in. From the voices of lived experience to the conversations happening across our stalls and networking spaces, the day highlighted the importance of:

- 🤝 *Connection* – creating opportunities for people and organisations to come together, share experiences and learn from one another.
- 💬 *Starting conversations* – making space for open, honest conversations about mental health and suicide, and helping people feel more confident to talk, listen and support others.
- ❤️ *Lived experience* – recognising the value of personal experience and ensuring these voices continue to shape the work we do.
- 🌱 *Prevention and early support* – looking at what we can do within our communities, workplaces, clubs and organisations to support wellbeing and help people access support earlier.

Keep the conversation going - Although the conference has come to an end, the conversations and connections don't have to. We hope everyone who joined us took away something they can share, put into practice or continue exploring within their own organisation or community.

There are lots of ways to stay connected with the MHSP team, from our Derbyshire MHFA Network and Derbyshire Mental Health Forum, to upcoming training, Listening Lounges and Mental Health Friendly Clubs.

🎄 **And there's more to come! Our next opportunity to get together will be our Christmas Networking Event on 1 December 2026, where we can reconnect, meet new people and continue sharing ideas and good practice across Derbyshire and Derby City. More information to come!**



Alison Jones - Communication Unlimited



James Bromley - EVA



Ajay Gorman - Willow Path

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Upcoming Awareness Days – October 2026

♥ **10 October** – World Mental Health Day: A global day to raise awareness of mental health, challenge stigma and encourage people to prioritise their wellbeing and seek support when needed. [World Mental Health Day resources](#)

🧠 **12–18 October** – OCD Awareness Week: Aims to increase understanding of Obsessive Compulsive Disorder (OCD), challenge common misconceptions and highlight the support and treatment available. [OCD UK – OCD Awareness Week](#)

🇬🇧 **10–17 October** – National Hate Crime Awareness Week: Raises awareness of hate crime, its impact on individuals and communities, and how people can recognise, report and challenge hate-motivated incidents. [Stop Hate UK](#)

🌸 **18 October** – World Menopause Day: Raises awareness of the menopause, helping to improve understanding of symptoms, experiences and the support available to people going through menopause. [International Menopause Society](#)

👨‍👩‍👧 **12–18 October** – National Work Life Week: Encourages organisations and individuals to think about healthy work-life balance, workplace wellbeing and creating cultures where people can thrive at work and beyond. Working Families – National Work Life Week

♥ **Black History Month – October**: A month-long opportunity to celebrate Black history, culture and achievements, while encouraging conversations around equality, inclusion and tackling racism. [Black History Month UK](#)

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](#)