

DECEMBER
2025



NEWSLETTER

DERBYSHIRE MENTAL HEALTH & SUICIDE PREVENTION PROJECT



Written by: Isabelle Grainger

Derbyshire Mental Health Team – 2025 Year in Review ♥

As we head into the festive season, we're looking back on an incredible year of connection, collaboration, and community impact across Derbyshire.

This year, as a team we:

- ✨ Shared regular newsletters packed with updates, resources, training opportunities, and stories from our communities—helping partners stay connected, informed, and inspired throughout the year.
- 🌱 Hosted and attended community events across Derbyshire, including a series of Pause and Connect sessions. We also took part in supporting local sessions within sports clubs, village halls, and small businesses. These events helped us connect with residents where they feel most comfortable, provide support, share resources, and strengthen trust within our communities.
- 🎓 Provided and attended a range of mental health and suicide prevention training, including MHFA, suicide awareness sessions, mental health drop-in's, and bespoke sessions for local organisations. These training opportunities have strengthened our shared skills and helped create safer, more supportive spaces across the county.
- 👏 Hosted the Mental Health and Suicide Prevention Conference that brought together partners, practitioners, and community leaders, creating opportunities for learning, open discussion, and joint planning. These events have supported stronger cross-sector collaboration and helped shape local priorities for mental health and suicide prevention.
- 🏠 Delivered 12 Listening Lounges through the MHFA network held in both urban and rural areas across Derbyshire, offering facilitated, supportive spaces where people could share experiences, explore challenges, and build confidence around mental health conversations. These sessions have become a valued resource for individuals and organisations alike, and were thrilled to announce that they will be back in 2026 online!
- ☀️ Connected with countless new people, groups, and community organisations who are passionate about wellbeing. Expanding our network has allowed us to reach new communities, identify shared goals, and grow our impact across both urban and rural areas of Derbyshire.



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Each connection, event, conversation, and partnership this year has helped build a stronger foundation for community wellbeing. We want to extend a huge thank you to everyone who has supported, collaborated, and walked alongside us—you make this work possible!

We're excited for 2026! With new initiatives on the way and even more opportunities to collaborate, we're looking forward to another year of growth, partnership, and community wellbeing!



Wishing everyone a safe, peaceful, and restorative festive season 🎅



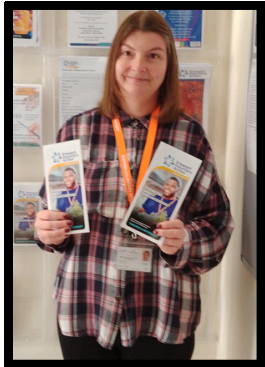
Activity: Celebrating International Volunteers Day (IVD) - 5th December

IVD is marked each year on 5 December, recognising the invaluable contribution of volunteers who dedicate their time, skills and energy to improving communities across the globe. In 2025, the day continues to spotlight the power of collective action and the extraordinary impact that grassroots efforts have on social, economic, and environmental wellbeing.

"Volunteering has really helped me get out and about again, and it's given me a routine I'd been missing while I was isolated at home. It's brought back my motivation, and I genuinely enjoy meeting and being around other people. The biggest change is the confidence it's given me. I also enjoy the practical side of things—doing the little jobs around the centre, like improving the information boards—things I'd never done before." - Lisa, EVA Centre Admin Volunteer.



If you're interested in volunteering with us, you can contact us directly through our website [Volunteer with us](#), call us directly on 0115 9466740, email us at volunteers@erewashcvs.org.uk or pop into the centre.

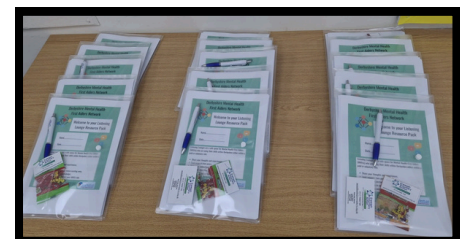


We've wrapped up our final Listening Lounges of 2025!

Our last sessions took place in early December at South Derbyshire CVS and Melbourne Assembly Rooms.

Across the year, we've delivered 12 Listening Lounges as part of the MHSP project, creating spaces for honest conversations, community voice, and shared learning around mental health and wellbeing. A huge thanks to everyone who attended, contributed, and supported these sessions. Your insight, experiences, and ideas have helped shape our understanding and will inform our work moving forward.

We've learnt a great deal – **and we're excited to build on this together in 2026 where the MHFA network and Listening Lounges will be online - See below.**



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:



THURSDAY 12TH FEBRUARY
TUESDAY 12TH MAY
MONDAY 10TH AUGUST
THURSDAY 12TH NOVEMBER



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
WITH YOUR CONTACT DETAILS AND A COPY OF YOUR MHFA
CERTIFICATE**



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Activity: Florence Nightingale Community Hospital & Eckington Active: Working in Partnership with the Mental Health and Suicide Prevention Project!

We had the pleasure of attending a Mental Health First Aid (MHFA) session at Florence Nightingale Community Hospital in Derby!

We spent a really positive morning with the fantastic East Midlands Ambulance Service non-emergency patient transport volunteers, taking time to talk openly about mental health, wellbeing, and the importance of looking after ourselves while supporting others in demanding roles.

The session focused on building confidence around mental health conversations and recognising that caring for our own wellbeing is just as important as caring for patients. To support this, we were pleased to provide each volunteer with an MHFA resource pack, containing practical tools, guidance, and signposting to help them support both patients and themselves.

It was a genuinely lovely event, and we were made to feel incredibly welcome by all of the volunteers. Thank you to everyone who took part for your openness, kindness, and for the vital work you do every day — it was a pleasure to spend the morning with you!

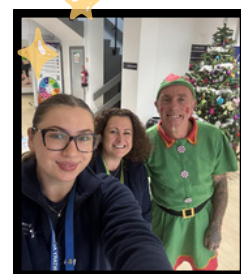
We attended Eckington Active and delivered our Mental Health and Suicide Prevention Project.

It was a great opportunity to connect with the community, raise awareness, and have important conversations around mental wellbeing, support, and prevention 🧡🔪.

Eckington Active have signed up to the Mental Health & Suicide Prevention project and created a Mental Health action plan for the leisure centre, some great steps towards making the leisure centre mental health friendly.

A huge thank you to everyone who came over to say hello, (especially the leisure centre elf who stopped by for an elfie selfie).

Thank you for sharing your experiences, and supporting the project.





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Community Outreach - More Than a Gym: How Amber Valley Fitness Centre is Supporting Mental Wellbeing

Amber Valley Fitness Centre has partnered with the MHSP Project to introduce a wellbeing board in the gym and offer local mental health signposting to its members. Leaders share why supporting mental health is so important to their community.



"Our gym is not just a place to exercise. It's a space for support, connection, and community – somewhere you can come as you are, without judgement."

The team sees the importance of raising awareness, encouraging conversations, and making sure people know they are not alone.

Their approach is rooted in simple values: No one should struggle in silence, Reaching out is a strength, Looking after your body supports your mind and Community can be healing

"If you're struggling, you're welcome here. If you want to learn more, you're welcome here. If you just need somewhere to belong, you're welcome here."

Amber Valley Fitness Centre continues to build a supportive, inclusive environment for their members and the wider community.



Derbyshire County Council Public Health's Mental Health and Suicide Prevention Team has released a range of helpful resources to support wellbeing through the colder months. Their Warm Minds – Winter Wellbeing Toolkit offers practical tips, activities and information to help people stay connected, look after their mental health and access support.

You can download resources from dccmhsp.com/WinterWellbeing





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Upcoming Awareness Days:

- 19th January 2026: Brew Monday - On Brew Monday, the third Monday in January, Samaritans reminds everyone to reach out for a cuppa and a catch-up with the people you care about. <https://www.samaritans.org/support-us/campaign/brew-monday/>.
- 21st January 2026: Race Against Dementia Day - Race Against Dementia Day is a day dedicated to raising funds to help beat dementia. Everyone can get involved and accelerate change by joining the race. <https://www.raceagainstdementia.com/join-the-race/rad-day>

Take care of yourselves and each other this Christmas — we hope you enjoy a safe, restful, and hopeful start to the New Year!

Should you need any additional support during this time you can contact:

SHOUT

Text 'SHOUT' to 85258 •
Open 24/7 • 365 days a year

The Samaritans

116 123 • Open 24/7 • 365
days a year

Hopeline247
0800 068 4141

For those aged 35 or under
• Open 24/7 • 365 days a
year

In an emergency call the Emergency
Services by dialling 999 or 111.
(Only call 999 if there is a life-threatening
emergency or if someone needs urgent
medical attention – otherwise call 111).

Social Media



Facebook:

<https://www.facebook.com/DerbyshireMentalHealthForum/>

LinkedIn:

<https://uk.linkedin.com/in/derbyshire-mental-health-team-at-erewash-voluntary-action-2256b4346>

Instagram:

<https://www.instagram.com/derbyshirementalhealthteam/>

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.