

JANUARY  
2026

# NEWSLETTER

## DERBYSHIRE MENTAL HEALTH & SUICIDE PREVENTION PROJECT



Written by: Isabelle Grainger



As we begin the new year, I'd like to welcome you and thank you for being part of this work. The start of a new year is a good time to reflect, refocus, and look ahead to what we can achieve together.

This newsletter is a space to share updates, insights, and practical resources, as well as to highlight the work happening across our communities. It's also a way to stay connected, celebrate progress, and keep wellbeing and suicide prevention firmly on the agenda as we move forward together.

Over the coming months, you can expect updates on local initiatives, training opportunities, partnerships, and ways to get involved, alongside reflections that keep people, connection, and compassion at the heart of what we do.

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)

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### ***Blue Monday or Brew Monday? Reframing the Third Monday of January***

The third Monday of January has become widely known as Blue Monday—often described as the “*most depressing day of the year*.” Short daylight hours, cold weather, financial pressures after Christmas, and the distance from our next break can all combine to make this time of year feel particularly heavy for many people.



While the idea of Blue Monday isn't based on scientific evidence, the feelings people experience at this point in winter are very real. Low mood, tiredness, isolation, and a lack of motivation are common, especially after the festive period has passed and routines return. For some, these feelings may be mild and temporary; for others, they can be a sign that additional support is needed.



In recent years, Brew Monday has emerged as a more hopeful alternative. Rather than focusing on what feels difficult, Brew Monday encourages us to pause, put the kettle on, and check in with one another. This is exactly what EVA did! It's a reminder that small acts of connection—sharing a cup of tea, or having a short conversation—can make a meaningful difference.

Whether you call it Blue Monday or Brew Monday, the message is the same: mental health matters every day of the year. Let's use this moment as a prompt to be kinder to ourselves and each other, to keep conversations going, and to remind everyone that support is available.

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### Activity: Supporting Wellbeing in Our Communities: Recent Outreach Highlights

- The MHSP Project recently teamed up with Melbourne Community Care at their Memory Café at Melbourne Assembly Rooms for a really positive and welcoming session. Over cups of tea and friendly conversation, we spent time getting to know attendees and creating a relaxed space where people felt comfortable to chat and connect. We also shared a Mental Health Action Plan, offering practical support and sparking meaningful conversations about wellbeing within the community.
- We also visited Kilamarsh Active, setting up an information stall at the leisure centre to connect with both participants and staff. The stall provided a welcoming space to share mental health resources, offer clear signposting to local support services, and have open, informal conversations about wellbeing. It was a great opportunity to raise awareness, answer questions, and make support more visible and accessible within a busy community setting.
- Finally, for the month on January, the MHSP Project supported a Dads' Space session at the Derby Leisure United Racecourse Hub, with Connected Perinatal Support CIC. Alongside the football and social time, the team dropped in to share information and resources on local and national mental health support services. Dads were encouraged to pick up information, ask questions, or simply have an informal chat, helping to normalise conversations around mental health and make support feel more accessible. Working alongside partner organisations, the session highlighted the importance of creating safe, supportive spaces where men can connect, unwind, and access help when they need it.



**Melbourne Memory Café**

Last Tuesday of each month

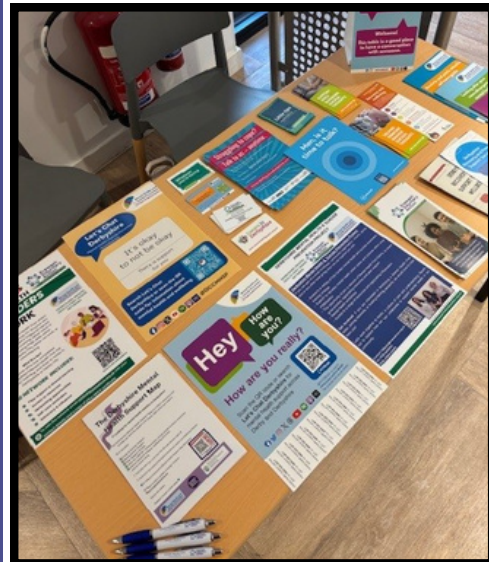
From 1:30pm-3:30pm

A friendly café for people with dementia, memory loss and their families. All welcome. Free to attend.

Melbourne Assembly Rooms

DE73 8GJ

For more information contact  
melbourne-care@btconnect.com  
01332 863585





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### Working with Local Partners: Men's Space, Derbyshire

The MHSP project has been working with a local Derbyshire group, Men's Space, supporting their work through outreach updates, resources, and clear signposting to mental health support and training opportunities.

Men's Space provides a vital space for men across Derbyshire, and our ongoing collaboration highlights the importance of strong local networks in suicide prevention and mental health support. We're grateful for the feedback shared by Mike Earle from Men's Space, which reflects both the reality faced by many men and the value of joined-up working:

*"Your outreaching updates and news have certainly helped us with resourcing and signposting here at Men's Space. Your information has been useful to a number of our connections within our network and also prompted me personally to enlist on a Mental Health First Aid course in the New Year."*

*From our experience with our network of guys in Derbyshire, we know for sure that suicide is an ever-present issue which is very real, and it's a topic which crops up in conversations all too often. The resources and signposting that you provide does make a difference, so do please continue to do what you do."* – Mike Earle

Feedback like this reinforces the importance of continuing to share timely information, practical resources, and training opportunities across our communities.



You can find Men's Space on Facebook:  
<https://www.facebook.com/MensSpaceUK>

### First Online Listening Lounge – Coming Soon!



We're getting closer to hosting our first Online Listening Lounge, taking place on **12th February**. This session will offer a relaxed, supportive space to listen, reflect, and connect, with a focus on wellbeing, shared experiences, and meaningful conversation in a safe online environment. The February Listening Lounge will focus on Children's Mental Health Week, with Compass joining us to deliver information, share insight, and highlight available support and resources for children and young people.

The Listening Lounge is open to anyone who has completed their MHFA Adult or Youth training, and tickets are free. To secure a place, simply follow the booking link provided in this newsletter: [HERE](#) or scan the QR code on the poster 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**



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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### ***Upcoming Awareness Days:***

- Time to Talk Day (5th February): A national day encouraging open conversations about mental health, helping to reduce stigma and remind people that talking can be a powerful first step.
- LGBT+ History Month (from 1st February): A month-long opportunity to celebrate LGBT+ history, recognise ongoing inequalities, and promote inclusion, visibility, and wellbeing.
- Children's Mental Health Week (9th–15th February): A focused week highlighting the importance of children and young people's mental health and the role families, schools, and communities play in supporting emotional wellbeing.
- Random Acts of Kindness Week (14th–21st February): A reminder that small, everyday acts of kindness can have a meaningful impact on mental health, connection, and community wellbeing.
- Eating Disorders Awareness Week (23rd February–1st March): A campaign aimed at increasing understanding of eating disorders, challenging misconceptions, and promoting early intervention and support.
- Emotional Health Day (24th February): A day to reflect on emotional wellbeing, raise awareness of emotional health, and encourage conversations about coping, support, and resilience.



### ***Social Media***



#### **Facebook:**

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

**LinkedIn:** <https://www.linkedin.com/company/111049987>

#### **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**.  
<https://www.derbyshirehealthcareft.nhs.uk/services/helpline-and-support-service>
- Derby and Derbyshire Emotional Health and Wellbeing Website:  
<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)
- Derbyshire Mental Health Resources Webpage:  
<https://www.erewashvoluntaryaction.org.uk/mental-health-resources>