OCTOBER 2026

NEWSLETTER

DERBYSHIRE MENTAL HEALTH & SUICIDE PREVENTION PROJECT

Erewash Voluntary Action
Derbyshire Mental Health and Wellbeing

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



MHFA England



MHFA's part of Derbyshire Mental Health Team at EVA

L-R
Mia, Izzy, Joe, Jo and Debra

Derbyshire Mental Health First Aiders Network

Final Listening Lounge of 2026 – Thursday 12th November 🎉

Join us MS Teams on Thursday 12th November for our final Derbyshire MHFA Network Listening Lounge of 2026! This date is extra special as it also marks **MHFAider Day**, giving us the perfect opportunity to celebrate and recognise the incredible work MHFAiders do to support others.

We have some fantastic guest speakers and engaging activities lined up, with time to connect with fellow MHFAiders, share experiences and reflect on the importance of looking after ourselves while supporting others.

Whether you've joined us before or are coming along for the first time, we'd love to see you there as we round off another year of learning, connection and peer support. Scan the QR code below to get your tickets.

DERBYSHIRE

Erewash Voluntary Action
Derbyshire Mental Health Team

Mental Health and Suicide Prevention
Public Health Derbyshire

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 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

Mental Health First Aider
MHFA England

TO JOIN THE NETWORK, EMAIL MHFA@EREWASHCVS.ORG.UK WITH YOUR CONTACT DETAILS AND A COPY OF YOUR MHFA CERTIFICATE

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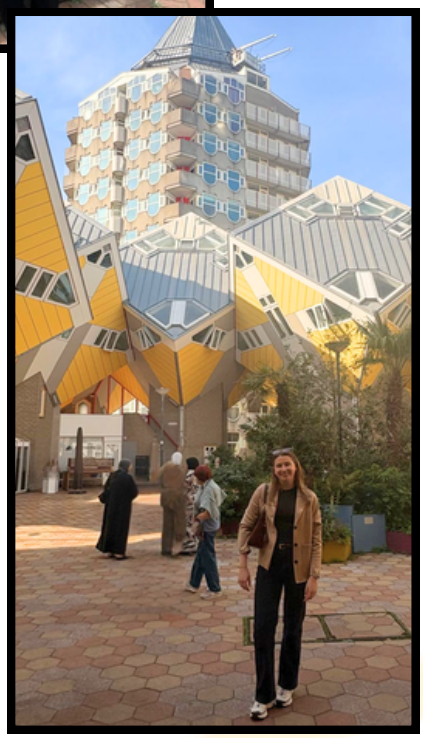
DERBYSHIRE MENTAL HEALTH & SUICIDE PREVENTION PROJECT

October Activities:

Written by: Isabelle Grainger











For this World Mental Health Day (10th October 2026), staff at Erewash Voluntary Action (EVA) got involved with YoungMinds' Hello Yellow to show our support for children and young people's mental health.

Our team found their own ways to wear yellow, share yellow and bring a little more yellow into the day!

📚 **Marion** – taking some time to read a few pages of her book during her lunch break.
📝 **Jenni** – showing her support for Hello Yellow with some yellow Post-it notes.
🦺 **Debra & Jo** – keeping it yellow and putting safety first in their high-vis!
🎈 **Mia** – bringing some sunshine into the office with yellow balloons.
🏠 **Izzy** – saying Hello Yellow from a weekend trip to Rotterdam, with the bright Cube Houses!

It was great to see the EVA team getting involved with Hello Yellow and finding their own ways to bring a little yellow into the day, while helping to shine a light on the importance of mental health and wellbeing. 🌟

Find out more about Hello Yellow and YoungMinds' work: YoungMinds – Hello Yellow

🚭 EVA Team Becomes Smokefree Champions!

On Monday 12th October, Izzy, Marion, Debra and Jo completed Smokefree Champion Very Brief Advice (VBA) training, hosted by Live Life Better Derbyshire, Derbyshire County Council. The session explored how to offer brief advice, start conversations about smoking and signpost people to the right support when they're ready to quit.

🍂 With October marking Stoptober, it's a great opportunity to highlight the benefits of stopping smoking for both physical and mental wellbeing.

💚 If you or someone you know is thinking about quitting, Live Life Better Derbyshire offers advice and support.

🔗 Find out more about stopping smoking
📞 Freephone: 0800 085 2299 | Tel: 01629 538 200

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🍂 Seasonal Wellbeing: The Five Ways to Wellbeing

As the seasons change and the days become shorter, reduced daylight and colder weather can affect our mood, energy levels and motivation. We may find ourselves spending more time indoors or feeling less inclined to socialise and stay active. Taking small, practical steps to look after ourselves can help support our mental health and wellbeing throughout the autumn and winter months.

The Five Ways to Wellbeing offer simple ideas to help us feel good, stay connected and maintain positive habits as the nights get darker.

🤝 **Connect**: Make time to catch up with friends, call a family member or arrange a coffee with someone you haven't seen for a while. Staying connected can help reduce feelings of loneliness and remind us that we're not alone.

🚶 **Be Active**: Try to get outside during daylight, even if it's just for a short walk during your lunch break. You could also try a home workout, attend a local activity group or find an indoor activity you enjoy. Moving your body can help boost your mood and energy levels.

🍁 **Take Notice**: Take a moment to slow down and appreciate the world around you. Notice the changing colours of the leaves, enjoy some fresh air or take a few minutes away from screens. Small moments of mindfulness can help you feel more present and relaxed.

📚 **Keep Learning**: Use the colder months as an opportunity to try something new. Learn a new recipe, pick up a book, start a creative hobby or develop a new skill. Having something different to focus on can give you a sense of achievement and something to look forward to.

💚 **Give**: Small acts of kindness can make a difference to both our own wellbeing and that of others. Check in on a neighbour, offer to help a friend, volunteer your time or simply ask someone how they're doing. Even a small gesture can help us feel more connected to our communities.

Remember: You don't need to make big changes to support your wellbeing. Start with one small action that feels manageable and build from there. Click HERE for more information.

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Understanding, Inclusive, Supportive

Written by: Isabelle Grainger

Congratulations to Our Latest Mental Health Friendly Clubs!

A huge congratulations to our latest organisations to achieve Mental Health Friendly Club status! 👏

We're delighted to welcome:

🚶 Walks 4 Wellbeing
🥾 Nordic Walks 4 Wellbeing
🏃 Matlock Athletics Club
🏃 Jog Derbyshire – Chesterfield
⚽ Chesterfield FC Community Trust
⚽ AFC Chellaston
💚 Better Ways to Better Days
🚶 Accessible Walk & Talk



Each organisation has completed the Mental Health Friendly Club process, including mental health awareness training and the development of practical approaches to supporting the mental wellbeing of their members and communities.

By achieving Mental Health Friendly Club status, these organisations are helping to create more supportive, welcoming environments where people feel able to talk about their mental health and know where to find further support when they need it.

It's fantastic to see the Mental Health Friendly Club network continuing to grow across Derbyshire, with organisations from sport, physical activity and community settings all playing their part in promoting positive mental health and suicide prevention.

Congratulations to all of our latest Mental Health Friendly Clubs – and thank you for helping to make Derbyshire a mentally healthier community!

You can register for a free 30 introductory session here:

Mental Health Friendly Clubs - Introduction Session – Fill out form

MENTAL HEALTH FRIENDLY CLUBS PROGRAMME AIMS TO SUPPORT SPORT AND ACTIVITY CLUBS TO PROVIDE A SAFE AND INCLUSIVE ENVIRONMENT FOR ADULTS AND YOUNG PEOPLE .

MENTAL HEALTH FRIENDLY CLUB

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 COMMITTMENT TO BEING A MENTAL HEALTH FRIENDLY CLUB & LOTS MORE!

FRANKY.BOYLAND@ACTIVEPARTNERSTRUST.ORG.UK / ISABELLE@EREWASHCVS.ORG.UK

active derbyshire | Erewash Voluntary Action Derbyshire Mental Health Team | mind Derbyshire | Changing Lives Compass | NHS | Mental Health and Suicide Prevention Public Health Derbyshire

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Upcoming Awareness Days – November 2026:

🧔 All November – Movember / Men's Mental Health: Raising awareness of men's mental health, suicide prevention, loneliness and the importance of connection. Find out more about Movember



🧠 2–6 November – International Stress Awareness Week: A week focused on understanding stress, developing coping strategies and supporting wellbeing. Find out more about International Stress Awareness Week



💛 13 November – World Kindness Day: A day encouraging kindness, connection and small actions that can make a positive difference to others. Find out more about World Kindness Day

🧦 16–20 November – Anti-Bullying Week: Raising awareness of the impact of bullying and encouraging people to speak up, listen and support others. Find out more about Anti-Bullying Week

🕯️ 21 November – International Survivors of Suicide Loss Day: A day for people affected by suicide loss to come together, remember loved ones and access support. Find out more about International Survivors of Suicide Loss Day



💚 16–22 November – National Self-Care Week: Encouraging people to prioritise their physical and mental wellbeing through positive self-care. Find out more about National Self-Care Week

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

Erewash Voluntary Action

Erewash Voluntary Action
Community Development

Erewash Voluntary Action
Volunteer Centre

Erewash Voluntary Action
Derbyshire Mental Health and Wellbeing Team

Countywide Christmas Networking Event

including Erewash Community Network

Date
7th December 2026

Time
9:30am – 12:30pm

Location
Erewash Voluntary Action
Granville Avenue, Long Eaton, Derbyshire, NG10 4HD

Drop-in Event

Feel free to pop in anytime between 9:30am and 12:30pm.

Bring Along

- Leaflets and information to share
- Business cards
- Details of your organisation or service

Network

With individuals and organisations across the county and City.

Let's connect this Christmas!

STRONGER COMMUNITIES TOGETHER