

People in Partnership Newsletter



November 2019

People in Partnership wants everybody with mental health challenges, their families and carers to have the opportunity to help shape the experience and quality of mental health support and provision across Hastings, Rother, Eastbourne, Seaford and Hailsham.

In this edition:

- * DV8 Sussex engagement event
- * World Mental Health Day 2019 activities
- * #DeclareyourCare campaign
- * Local Mental Health Action Groups
- * Volunteer Update



DV8 Sussex



This October People in Partnership attended the DV8 campus in Bexhill to promote World Mental Health Day and [Southdown Mental Health services](#).

Catherine & Michelle also participated in a podcast discussion on the issues young people currently face and what local support they would like in the local area.

16 Students kindly took part in a survey exploring support pathways, emotional health & wellbeing & stress.

We would like to thank the college & students in welcoming us to their campus and for taking part in our discussions which will feed into decision making and will help to shape local mental health pathways.



Tel: 01323 340151



Email: PeopleinPartnership@Southdown.org

World Mental Health Day 2019

People in Partnership celebrated [World Mental Health Day](#) this October the 10th 2019. The theme for this year focused on **suicide prevention**; every year close to 800,000 people globally take their own life ([Time to Change](#), 2019).

We asked 138 young men from across [East Sussex College Group](#) (ESCG) campuses what barriers they face when seeking support for their mental health and what provision young people need to treat, prevent and support mental health.



'I don't want to be judged'



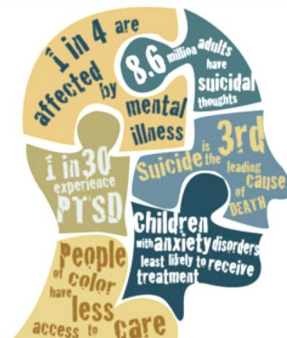
27% of participants suggested that embarrassment and shame stopped young men from seeking mental health support

'Its not in a mans nature to be open about their emotions; trust is everything'

17.5% of participants believe that we need to continue to challenge the stigma associated with ill mental health



Almost 19% of participants don't feel they have anyone to talk to when they're anxious or stressed



'Men need to know that they are not experiencing mental health issues on their own; mental ill health is experienced by men worldwide.'

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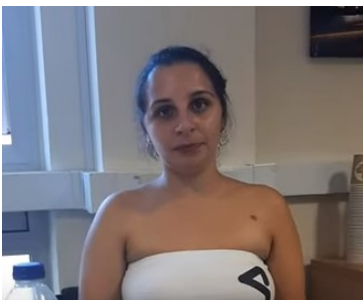
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'Declare your Care' Campaign

Throughout September **People in Partnership** have been supporting & boosting the **CQC #DeclareYourCare** campaign alongside the [ESCV](#). The [Care Quality Commission](#) are working to encourage more people from the wider population to feedback about their experiences of care.

Over 30% of students stated that they wouldn't feel confident enough to speak up about their experiences of care (WMHD, People in Partnership 2019)

'... Almost 7 million people who have used health or social care services [in the last five years], have had concerns about their care but never raised them' (CQC, 2019)



People in Partnership supported one of its volunteers to engage with the CQC & ESCV to produce a video detailing her experiences of mental health services (left). **'A Young Person's story about her care'** (CQC, September 2019).

People in Partnership also posted regular information about the campaign on their Social Media page including links to the CQC & ESCV websites & infographics to inform & engage as many people as possible (below right).

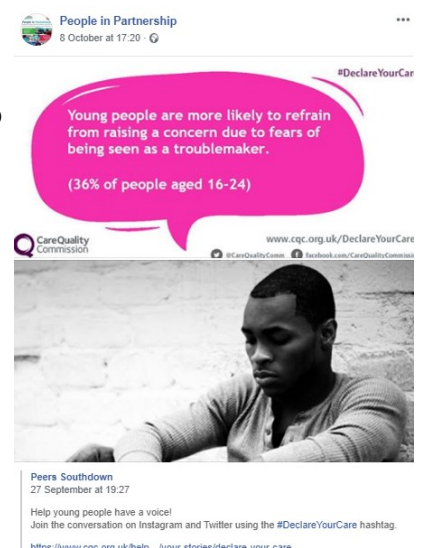
We asked 138 students whether they would feel confident enough to speak up if they had a poor experience of using mental health services in our survey for World Mental Health Day. Responses suggested that there is a **lack of trust in services** to respond and acknowledge feedback from young people in addition to a **lack of confidence** from young people who feel too shy to provide their experiences.

Lastly we asked 12 members of the wider community how we could encourage more young people to come forward about their experiences of care at our quarterly Local Mental Health Action Groups. These were widely promoted in local community groups & centres, internal & external distribution lists, through social media & face-to-face interaction with external partners, volunteers and members of the public at events.

For further information about this campaign visit:

<https://www.cqc.org.uk/help-advice/your-stories/declare-your-care>

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



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Local Mental Health Action Groups, September 2019

This September we invited the wider community to join us at our action groups held in Seaford, Eastbourne and Hastings to discuss what approach we could use to encourage more young men to come forward about their mental health. We also wanted to find out how we could encourage more young people to come forward about their experiences of care in support of our work on the CQC #DeclareyourCare campaign.



'Overall the group was well run and informative. I'm hoping the momentum will continue to help [young people]'

12 participants attended our action groups to take part in our discussion across the three areas. Some of the suggestions can be seen below.

Services could directly engage with young people where they are; schools/ colleges, youth cafes, etc.

Introducing Peer Support programmes where young people are (schools/ colleges, sports groups, gyms, etc.)

Education around signs/ symptoms of ill mental health

Challenging Social Isolation/ stigma; changing perceptions as to what it means to have a mental health issue, what it looks like and how it does not discriminate.

'Resilience' programmes to educate young people on how they can keep themselves and what they can do for themselves if they experience symptoms of ill mental health

Spotlight on Volunteering



Kimmie has been working closely with the People in Partnership team as a volunteer Strategic Representative for the service. Kimmie shares some of her experience below.

'As a Strategic Representative I am a part of a team who act as the 'eyes and ears' of mental health provision across Sussex (excluding the High Weald & Havens). The #DeclareyourCare campaign has been my most recent project where I've attended focus groups and events promoting and encouraging young people to come forward about their experiences. I've made connections with great people and received outstanding training through the service. In this role I have helped to make real change and used my experience to help future mental health service users'

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People in Partnership
are seeking **Volunteers**
to help lead change for
mental health services
& provision.



Do you have lived
experience of mental
health challenges?

Would you like to
promote change and
make a difference?

Be the voice of your community
and bring forward ideas and suggestions for change,
improvement and innovation around mental health care.

Attend local meetings, groups and events and
**contribute towards the design and development of
services.**

Work with organisations and Commissioners to **help
lead and influence change.**

**If you are interested in becoming a Volunteer Strategic Representative,
please contact Michelle Trunchion:
Michelle.Trunchion@southdown.org
07772 613945**



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