

News update

New funding means extended support for young families

Parents with young children in Chichester, Worthing and Bognor can continue to get support with mental health issues from Coastal West Sussex Mind through a project called Families in Mind, thanks to new health and council funding.

Up until now, the focus of the service has been to help new mums with post natal support. Now the funding means the project can continue supporting them for longer. The grant will last for one year.

Families in Mind project lead Tracy Ashcroft said: "Several of the mothers were concerned about the lack of support that would be available to help them with their mental health as their children got older. I have a wonderful bunch of mothers and it is great that I can now tell them I don't have to stop supporting them because their child is too old."

The new funding also means CWS Mind will be able to pay for a peer supporter to assist Tracy for six

hours a week. This will be someone who has lived experience of struggling with mental health whilst bringing up a child. They will be able to help the mums through the knowledge they have gained from going through similar times themselves.

Tracy supports parents with post natal depression, anxiety and other more complex mental health issues. She brings positive, informal discussion about mental health to the play and chat sessions in Chichester, Worthing and Bognor where she works in partnership

with the staff at the children and family centres.

To find out more about this service, see our Facebook page: supporting mum and dad—postnatal support project or visit coastalwestsussexmind.org/our-services/post-natal-support-group.

The role of peer supporter will be advertised on our website at coastalwestsussexmind.org/get-involved/work-for-us.



We're Mind, the mental health charity. We're here to make sure anyone with a mental health problem has somewhere to turn for advice and support.

Fresh new website for CWSM

A new website for Coastal West Sussex Mind is set to launch this spring. It has a fresh, clean look and is easy for people to see how to get help with mental health problems. There are details about how to support us and how to get involved as well as information for professionals about our wide range of training courses. Check it out from April at coastalwestsussexmind.org.

Marathon runners keeping up to speed



Three runners will be putting their best foot forward in the London marathon this spring to raise funds for CWS Mind - and to help change the conversation about mental health.

The marathon's charity of the year is Heads Together, a campaign spearheaded by the Duke and Duchess of Cambridge and Prince Harry, to end the stigma around mental health. Various mental health charities are taking part including several branches of Mind around the country.

The runners representing CWS Mind, who are each aiming to raise £2,000, are Worthing recovery worker Chris Haramis, Michelle Hudson from Littlehampton and chief executive Katie Glover's husband Steve O'Melia.

Chris, 34, said: "I haven't done any running since school but I've been trying to train three times a week. I do the 5km Park Run every Saturday in Chichester and the furthest I've gone on other runs so far is 16 miles. I'm happy that I will achieve the distance and I'm aiming to get a good time too." Race day is April 23.

Chris is being supported by lots of friends and family who are helping him collect sponsorship.

Katie Glover added: "It's really positive that the focus of this year's marathon is to raise awareness of mental health and end the stigma that surrounds it. I'll be there with friends and family, waving banners and cheering as our runners hit the streets."

The Five Ways to Well-being interview

The Five Ways to Well-being are a set of actions which promote well-being. They are: Connect, Be Active, Take Notice, Keep Learning and Give.

In this interview, we ask Worthing Mayor Sean McDonald what steps he takes under each action to take care of his well-being.

Connect:

When I retired from the police five years ago, I knew it was important to continue interacting with people and not to just sit at home on my own. I started volunteering with Phoenix Children's Project where I drive their minibus.

Of course, as a councillor and mayor I am also regularly connecting with people.

Be active:

I know that keeping physically fit helps me keep mentally fit and I enjoy cycling. I ride on the Downs about three or four times a week in summer but less in winter. I find it clears my mind. I'll also be taking part in Guild Care's Pedal along the Prom this spring.

The Five Ways have been used by health organisations, including Mind, schools and projects around the world to help people take action. You can find out more about how to take care of your own mental health at www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing.

Take notice:

I have a very busy life with the mayoral role at the council and with Phoenix but it's important for me to step

away from everyday life with something simple such as enjoying having dinner with a friend.

Keep learning:

When I left the police I probably underestimated my transferable skills. I chair some feisty meetings at the council and I'm constantly learning how to adapt techniques to handle things in the best way.

Give:

Older people have a lot to offer and we shouldn't waste our skills. I see my role at the council and driving the minibus for the children as my way of giving back to the community.



Our Open Minds champions will challenge mental health stigma



Open Minds
Anti-stigma and mental health awareness raising in the community

We have started recruiting and training a team of champions as part of our Open Minds project to challenge the stigma that surrounds mental health.

Project co-ordinator Louisa Hernandez said: "The reason we do this work is that every day we meet people who have been put off seeking help or talking about their own mental health and have then often had a longer path to recovery. People find it difficult to talk about their mental health because communities can find it hard to discuss."

So far 25 people have completed the first module of the Open Minds training to become champions.

Some of them recently went to Arun and Chichester Citizens Advice, Northbrook College and to Worthing Football Club to present an anti-stigma workshop.

The Open Minds project links closely with the national Time to Change campaign which aims to raise awareness and end discrimination.

When out in the community, Louisa is able to point people to CWS Mind's training courses where this is



appropriate, as this can raise awareness too.

Mind is planning a whole calendar of events to tie in with national mental health awareness week, which runs from May 8 to 14.

If you are interested in becoming an Open Minds champion or would like a visit to your organisation or group, you can contact Louisa on 01903 277000 or email Louisa.hernandez@coastalwestsussexmind.org.

Check out our latest training opportunities online



Remember to check out our training courses to see the latest dates available.

We provide a variety of workshops, half-day courses and longer mental health resilience and well-being learning programmes in West Sussex. Our training is suitable for you if you are a professional or volunteer working in education, or in

health, social care, other public sector or community sector. Or perhaps you are in the private or public sector and would like some bespoke training delivered in-house.

Our training options include a range of courses aimed specifically at those who work with children and young people. For example, we offer SafeTALK, a half-day alertness training that prepares anyone over the age of 15 to become a suicide-alert helper.

Another is called Bereavement and Loss and is also for half a day. It includes looking at how children and young people grieve, recognising changes in their behaviour and how to best support them. As these are both funded courses, the only payment required is £10 per course.

To book SafeTALK, Bereavement and Loss or any other of your CYP courses, go to our Eventbrite site at <https://www.eventbrite.co.uk/o/coastal-west-sussex-mind-8288439768>. Or for information on any training courses, please call 01903 277000 or email training@coastalwestsussexmind.org.

Masseuse Lauren is inspired to raise funds by mum's illness

Massage therapist Lauren Vaughan has raised £911 for Mind after a special event at her Worthing salon, with match funding bringing the total to £1,822.

Lauren organised a party at Laroma Therapies in aid of CWS Mind because she is passionate about helping people with their mental and physical health.

When she was about four, her mother, Anna, was diagnosed with bipolar disorder and so she had a difficult childhood.

“My mum was in and out of hospital and my dad had to raise my sister and me as a single parent.

“It had a massive effect on my family life and was a big struggle for my dad.

“Back then, there wasn't the support from somewhere like Mind and there was much more of a stigma around mental health problems.”

For her event, Lauren enlisted the help of Worthing Mayor Sean McDonald and town crier Bob Smytherman. Then she appealed to local businesses to donate prizes for a raffle. It worked: over £2,000 in prizes were given in response.

Lauren, who focuses her massage treatments on helping people relax and combat stress, thinks we should all be more aware about mental health issues.

“ Sometimes people are crying out for help. We should listen more. ”



Raising funds: Lauren, left, with salon therapists, friends and town crier Bob Smytherman

“Although the problem of stigma around mental health is better than it was, things still need to get better. Sometimes people are crying out for help. We should all listen more and look after each other.”

Event will find out what support people in rural areas want

A special event to kick-start ways to support people in rural areas will take place in Storrington.

Mind has teamed up with Sussex Partnership NHS Foundation Trust to host the well-being day which aims to create a new network of people interested in maintaining their mental health as well as research new activities.

Currently, there is very little help available in the Storrington, Pulborough and Steyning areas for people who want support with their mental health.

Mind chief executive Katie Glover said: “We know that those living in rural areas can feel isolated and we're aware of the problems faced by the ageing

population too. So we want to find out any difficulties people have in getting help, such as transport issues, and raise awareness about mental health.

“The idea is to help people live well, get well and stay well.

“The day is also a chance for different organisations that offer support to come together.”

The event, on April 5, is for individuals who want to improve their own mental health or support others, and for organisations to find out what additional support local people would like.

It is on from 11am to 6pm, at Trinity Methodist Centre, Thakeham Road, Storrington RH20 3NG.