

Second Step News

Tea & hope

There are many ways to access the Bristol Wellbeing College: by enrolling on one of its courses or dropping into one of its monthly taster events. But perhaps the simplest way is to go along to the Wellbeing Café.

This is what Shane Martin (pictured) did and he discovered that a simple (and free) cup of tea and a piece of cake can turn into something far more profound.

Troubled by years of ill-health, Shane has also been battling mental health problems over the last 12 months including a stay under section in hospital.



"I have been suicidal. But the encouragement I have from the Wellbeing Café and the people I met there has helped me turn a corner."

Mike Chambers, a community psychiatric nurse working with the Community Rehabilitation Service, said:

"The Wellbeing Café is a marvellous community resource. It gives people something to look forward to every week, a place where they can make friends and where they can find ways to reduce feelings of anxiety and depression. I will continue to signpost service users to it."

The Wellbeing Cafe runs every Tuesday at The Station Kitchen, Silver Street, Bristol, BS1 2AG from 2-4pm.

To find out more about the Wellbeing College and the courses it runs call **0117 914 5498** or visit: **www.second-step.co.uk**

SUMMER WELLBEING DATES:

Wednesday 9th August - Art Workshop 2pm - 3:30pm

Tuesday 22nd August - Wellbeing Event 1pm - 4pm

Wednesday 23rd August - Art Workshop 2pm - 3:30pm

Every Friday in August

Mindfulness Practice 11am - 12pm

See over for our new Wellbeing College brand!

Welcome to this the Summer issue of our new look newsletter.

In this issue meet Shane, one of our wonderful Wellbeing College learners and find out more about what the college is offering.

We look back over the last 12 months at our volunteering service and discover 40% of our volunteers have found work after their time at Second Step.

As always, we'd love you to get in touch and share your news and stories for the next edition of Second Step News.

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Check out our new name and new look!

After much discussion with our learners, volunteers and staff the recovery college has changed its name to the Bristol Wellbeing College. Working with the new Second Step brand we've created a new look too - with the strapline: it's about you! We're using the bright green colour (one of Second Step's four secondary colours) primarily for the College.

We think it looks great with the teal - we hope you do too!

It's about
YOU

**BRISTOL
WELLBEING
COLLEGE**

Thank you for the follow!

The latest statistics from Twitter show we saw **1000 new followers** in May alone. Thank you for following - it means a lot to us!

Thumbs up for co-Production

Two members of the Service Improvement Group (SIG) were invited to take part in a mock Care Quality Commission visit to Wellbridge House recently.

SIG members Pearl and Stuart were impressed with the way the Community Rehabilitation Service was managed and reported that one member of staff said it was the most supported place they'd ever worked in and a client gave it a five star rating in all areas.

Pearl said: "It was a valuable and enlightening experience. We feel the service really does well in offering individuals the support they need."

Service User Involvement Officer Giz Thomas said: "This is a thumbs up for co-production here at Second Step. We recognise that people who use the services and their families have important knowledge and experience that can be used to improve services."

Wellbridge House is the accommodation side of Bristol Mental Health's Community Rehabilitation Service which Second Step runs in partnership with Avon and Wiltshire Partnership Trust (AWP) and women's mental health organisation Missing Link.

www.second-step.co.uk/service-user-groups/service-improvement-group

Forest Fridays

The Community Rehabilitation Service has launched a pilot of forest wellbeing sessions with the Forest of Avon Trust.

Forest Fridays offer people using the Bristol Mental Health service the opportunity to take part in activities in a forest over an eight week period.

Up to twelve people spend an afternoon in Splatts Abbey Wood in North Bristol every Friday, where they learn mindfulness, bush craft skills, conservation skills and a range of woodland arts and crafts. The group have even made nettle fritters and nettle tea!

"Being out in nature has a positive impact on mental health and wellbeing. Forest Fridays are a good way for group members to connect with each other too," says Nicky Noble, Occupational Therapist with the Community Rehabilitation Service.

Golden Key's 'trusted relationships' welcomed by evaluator

In its recent annual evaluation of the Big Lottery funded Golden Key programme, the University of the West of England evaluators noted the service co-ordination team developed genuine trusting relationships with its clients.

What's more, Golden Key clients are "overwhelmingly positive" about Golden Key's role in their lives. One client said: "Since I've been with Golden Key, that's the longest I've been out of jail...longest was a month before and now I've been out a year."



John Simpson, Golden Key's independent chair, said: "We're delighted with this report - it shows we're on track to finding out what changes need to be made so we can replicate these positives across the city".

Golden Key is a partnership of Bristol organisations committed to changing the way the system works to support some of the city's most vulnerable people. Its current focus is on ending street homelessness.



Volunteering works for Matt

One of our volunteers, Matt Stalker and our Chief Executive, Aileen Edwards were recent guests on BBC Radio Bristol's Dr Phil Hammond Show.

Matt explained how he became a volunteer to build up his skills and confidence after being out of work for several years.

He told listeners to the Saturday morning show: 'I feel completely supported, looked after' and he praised the 'fantastic volunteering team'. Aileen explained how Second Step was originally set up by volunteers and that 'volunteers are at the heart of what we do'.

Over the last year Second Step has supported over 150 volunteers, who have offered over 6,000 hours of their time to help clients build their confidence and connect with their local communities. Just under half of these volunteers, like Matt, have lived experience. A brilliant total of 40% of volunteers go on into paid employment.

To find out more about our volunteering service visit:
www.second-step.co.uk/volunteering/volunteer-us

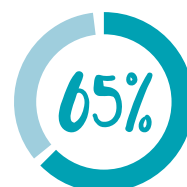
VOLUNTEERING STATS

100%

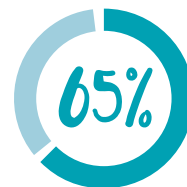
would recommend volunteering with Second Step

141 volunteers supported this year

6143.3 volunteer hours



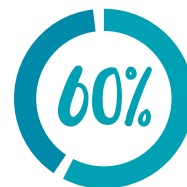
65% of volunteers have increased their confidence through volunteering. 100% have increased / stayed the same



65% have improved their mental health and well-being with the rest staying the same



70% of volunteers report "My skills, such as support work, group work skills, communication skills", with the rest staying the same



60% say volunteering has increased my ability to get paid work
40% have gone on to employment

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To receive future newsletters via email, please let us know by emailing jane.edmonds@second-step.co.uk

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