



Time to Celebrate

See inside for more pictures from our successful 30th birthday event.

Tell us what makes you well!

Over the past couple of months we have been running a campaign on Instagram called **#WhatMakesMeWell**.

The campaign encourages us to talk about the things we do that help us keep well.

If you would like to take part in the project, please send your image and story to **claire.robinson@second-step.co.uk**. If you have Instagram let us know your Instagram handle and we will tag you when it is posted.

📷 www.instagram.com/wearesecondstep/

Get on board!

Our new mentoring project Get Connected could give you or someone you work with a much-needed confidence boost. The project is open to clients currently using Bristol Mental Health services or who have been discharged from one of Bristol Mental Health's partner organisations. We offer clients up to 12 sessions of support from a volunteer mentor with the aim of reducing the need to use secondary mental health services in the future.

Find out more, meet our volunteer mentors and enjoy some cake on **Thursday 12 October from 10.30 - 11.30am at the Coach House, 2 Upper York St, Bristol BS2 8QN.**

Please contact Lucy Bayley on **07890639494** or **0117 909 6630 ext 125**, or email **lucy.bayley@second-step.co.uk** for further details and let her know you would like to attend.

Something for everyone

at our 30th
birthday party

Welcome to the Autumn edition of our newsletter

In this issue we share some lovely images from our recent 30th birthday party and tell you a little more about a film we previewed there called **#PuttingMeFirst**. A big thank to Jessie for capturing such great photographs for us!

We also hear from our Bristol Ageing Better and HOPE research projects - both of which have now finished after making a real difference to people's lives.

Get in touch and share your news and stories for the next edition of Second Step News.

Jane Edmonds

PR & Communications Manager

jane.edmonds@second-step.co.uk
T: 07841 777401

We came together in what used to be called @Bristol (and is now known as We The Curious) on September 22 to celebrate Second Step's 30th birthday. Lots of us were there, staff, volunteers, people who use our services and board members. The atmosphere was relaxed, people dropped in at a time that suited them and chose to take part in the many activities - or simply chat to colleagues and friends. Here are some pictures which we hope capture the mood.





Jana (pictured above) from the Community Rehabilitation Service said:

"The feedback from clients included 5 out of 5 and fantastic! The juice bar and the smoothie bike were favourites and the ping pong table was popular. We also enjoyed the cupcakes!"



Making Movies

Some of you will have seen our film when we previewed it during our Birthday Party on Friday 22 September. We're currently putting together the final edit as this newsletter goes to print. But don't worry, we have plans to premiere it officially at the Watershed in November after which we will be distributing it far and wide - including putting it on our website via our YouTube Channel. In the meantime you can see a short video taster on our YouTube channel which you can access via our website at www.second-step.co.uk. Enjoy!

Photo: Some of the stars of our #PuttingMeFirst film take time out from their promo work at our 30th birthday party. From left to right: Rosie, Cath, Danny, Claire, Paul and Matt.

Ed's note: Terry, Claudia and Shane so sorry to miss you in this photograph. We couldn't have done it without you!



Hopeful about HOPE

The HOPE project was a partnership between Second Step and Bristol University exploring ways to support people referred from Bristol Royal Infirmary's A&E department with incidents of self-harm and money, employment or benefit difficulties. One of our HOPE workers, Heather (not her real name), explains.

"I supported people for up to six sessions helping them to identify what changes they would like to make to achieve their goals. This client-centred, empathetic and structured approach gave both the service user and the HOPE worker the freedom to explore solutions that felt right for them, whether it was helping to write about benefits, accessing specialist debt advice or going with them to open a bank account for the very first time.

"The feeling of partnership was reinforced by the Bristol University team who consulted Second Step staff and listened to and valued the feedback from all participants in the project. We felt we were creating an approach which could be built on for the future and we'd love to see this short-term intervention model extended to the wider community too!"

Combating loneliness

In a pilot Bristol Ageing Better project with Brunelcare, we learned that a flexible, adaptable, personalised approach is the best way to reduce loneliness and isolation. For some people with problems such as anxiety or depression, cognitive behavioural therapy (CBT) was used. Other people needed help using email or paying bills online, or support to pursue their interests. Some just wanted help getting out of the house and to the bus stop.

The results were positive. After over 90 sessions, 55% of people were doing more socially, 55% were 'missing people' less, and 64% felt more optimistic. One person said: "I feel a lot more independent." Six month follow-up questionnaires are planned for early 2018 to find out the project's longer-term benefits.

Getting mental health on the air

Terry Starr, administrator for Supported Housing and stalwart of the Second Step Media Group, reports that our Autumn wellbeing programme at community radio station BCfm on 19 September went off without a hitch.

"It was a delight to engineer. The team were confident and their experience showed. The spoken word bits were handled superbly by the whole team and everyone worked as a tight unit. We even had some spooky Hallowe'en music during the discussion of Hallowe'en / Samhain."

The Media Group will be broadcasting again on 14 November when they will be looking ahead to the festive season.

Bristol office: 9 Brunswick Square, Bristol BS2 8PE
T: 0117 909 6630 E: admin@second-step.co.uk

Bath office: South Vaults, Green Park Station, Green Park Road, Bath BA1 1JB
T: 01225 750926/7 E: fsbanesenquiries@second-step.co.uk

Weston office: 1 Swiss Road, Weston-super-Mare BS23 3AU
T: 01934 645999 E: DL-NS@second-step.co.uk

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

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