



What makes you well?

You may remember that last summer we launched the Instagram hashtag #WhatMakesMeWell, this was all about self care and the things we do to keep ourselves feeling well.

At this time of year, as we find ourselves shuffling through rainy winter days, struggling with the dark cold evenings, often being chased - and caught - by nasty flu-like viruses, self care is more important than ever. So we thought it just the time to revive #WhatMakesMeWell.

For me it's about taking time out, lighting the fire and snuggling down on the sofa in front of it. So comforting.

Post your image and story to Instagram and tag #WhatMakesMeWell, or send the image and story to claire.robinson@second-step.co.uk for it to be posted to the Second Step Instagram page.

We look forward to reading your stories. Why not visit our Instagram page today?

TOP award for community team

Second Step's Community Rehabilitation Service won the Collaboration (Integration) award at the Third Sector Care awards @3rdsectorcare in London in December.

The Collaboration award recognises innovative ways of working collaboratively and achieving outcomes for people which otherwise wouldn't have been achieved. It is one of a number of awards organised by Third Sector magazine celebrating excellence in the UK's not-for-profit care sector.

Second Step's Chief Executive Aileen Edwards said: "I'm delighted for the whole team - it's a multi-disciplinary team with a wide range of experience and expertise. It works innovatively, flexibly and always remembers to put the individual at the heart of the service."

Second Step runs the service with its partners Avon and Wiltshire NHS Partnership Trust (AWP) and women's mental health organisation Missing Link. Representatives of the team received the award on behalf of a service which was set up just two years ago. The service supports 110 people in Bristol who are experiencing long-term and difficult mental health problems. Read more about the service at second-step.co.uk/nhs-services/community-rehabilitation.



Stories of hope wow audience

Our new campaign #PuttingMeFirst was launched on 22 November 2017 at Bristol's We The Curious Museum with the first public showing of our new film.

Stars of the film took questions from the audience which included the Mayor of Bristol Marvin Rees. He said:

"Second Step's #PuttingMeFirst campaign puts the person at the centre of the service. It's important we work together to solve the things we know affect people's mental health such as inadequate housing, debt and relationship breakdown."

The #PuttingMeFirst film tells stories of hope, courage and change from volunteers, peer staff and people who have used Second Step services. To see the film and find out how you can get involved in the #PuttingMeFirst campaign, please go to second-step.co.uk/puttingmefirst.

"With Bristol seeing 20% more referrals to already stretched and underfunded mental health services, it is vital we change the way we currently do things"

Aileen Edwards



New film – a media hit

Since the release of our #PuttingMeFirst video, thousands have visited our website and thousands more have viewed the video or video shorts online.

The regional media including the BBC, the Bristol Post and the Big Issue ran the story about the new campaign. And we had a fantastic reaction to the film on social media with Heads Together, Blurt (national depression charity), Sound Delivery and ImROC Scotland sharing our video and our #PuttingMeFirst message.

The day after the film launch and the release of the video we received more visitors to our website than in the previous three month period.



Keep our square tidy

Second Step staff volunteered to clean up the streets as part of a drive by local organisations to help keep Brunswick Square and Portland Square tidy.

Thank you again to the enthusiastic team who took to their task with good humour and meticulous litter-spotting skills.



Windswept walkers

The Walking Group enjoyed their festive stroll despite the windy weather and Christmas distractions. Supported by physical health staff, peer workers, and volunteers The Walking Group - which is led by Bristol City Council and BALP - meets 1pm every Tuesday at Central Library.

Membership of the group is via referral through BALP, Tel: 0117 919 5769 or email: awp.balp@nhs.net



Our new values

In October Second Step launched its new values. These were produced using feedback from our staff, volunteers and service users about what aims, desires and goals we aspire to here at Second Step. We agreed on five core values:

Believing in hope and courage • Succeeding together
Building trust • Celebrating diversity • Learning and growing

Find out more about what these mean for us all at second-step.co.uk/about/our-values.



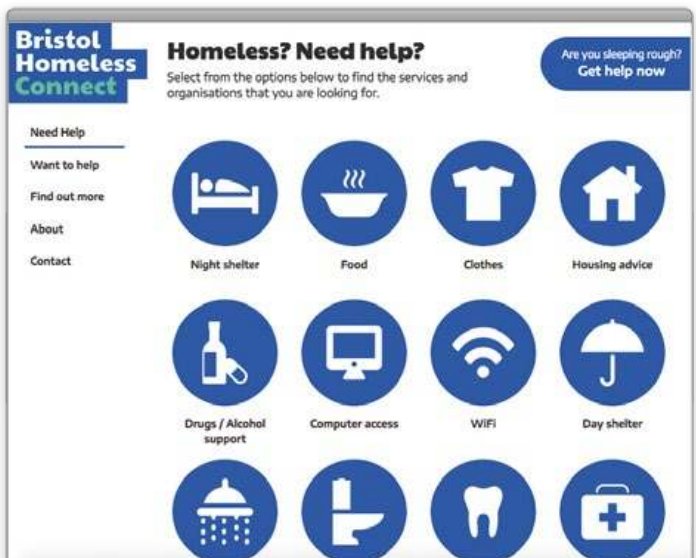
New website for homeless

December saw the launch of the Bristol Homeless Connect website, an online resource for those who are or are at risk of becoming homeless within Bristol.

At a time when homelessness is at a six year high, Golden Key, a member of Bristol's Rough Sleeping Partnership, has helped bring together all the information about where and how to access support if you're homeless.

The new website helps people find shelter and food as well as telling them how to access psychological support and legal help.

This may seem an unusual resource for people without a home but recent research has shown that 70% of homeless people own a mobile phone and a high percentage access the internet regularly through friends or family.



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. Second Step is the lead agency for Golden Key.

Beating the Monday blues

Second Step joined local charities and support groups at Bristol's fourth Blue Monday event at the Galleries shopping centre on 15 January 2018.

Despite a wet, grey and blustery day people flocked to the bright and colourful stalls and were very complimentary about the Second Step stall and its striking branding.

Blue Monday is the name given to the third Monday of January which is claimed to be the most depressing day of the year. It's a way to draw attention to the problems many have with a lack of sunlight, dark days and the money problems many have after Christmas.

The atmosphere at the event was very positive with a great buzz from the stall holders and visitors to the event finding out how they can improve their wellbeing. We received lots of interest in our Wellbeing College courses and volunteering opportunities, and with recent examples of our volunteers gaining employment at Second Step we had positive stories to share.

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

Bath office South Vaults, Green Park Station, Bath BA1 1JB
01225 750926 or 750927 banesinfo@second-step.co.uk

Weston office 1 Swiss Road, Weston-super-Mare BS23 3AU
01934 645 999 supportalliance@alliancehomes.org.uk

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

We are an exempt charity regulated by the Financial Conduct Authority. Registration number 25597R.