



**“From the first meeting I felt this could be amazing, we both speak about our problems and we help each other”**

# Sharing recovery

We're making a new film, this time for the United Peers or UP Project. Our Communications Volunteer Carlos Casas reports.

Recovery can be a shared experience, and that's what the UP Project is about. The project aims to help people struggling with homelessness and mental health problems, by pairing them with a volunteer mentor who has faced similar problems in the past.

Andrew and Simon are an inspiring example of the positive impact of volunteer peer support. Andrew has been Simon's mentee for the last nine months developing a strong friendship and growing together in the process.

“Spending time with Simon has made me feel important again”, said Andrew, who is winning his fight against anxiety and learning how to trust again.

And his mentor Simon insists that it's a win-win relationship. “From the first meeting I felt this could be amazing”, he recalls, “we both speak about our problems and we help each other”.

In our upcoming film you can witness Simon and Andrew's relationship first-hand, and see how the UP Project is spreading positive change, two lives at a time. Watch this space!



# Taking Mental Health Outside



Our experimental summer film project has come to an glorious end with a discreet showing of the film to clients, staff and volunteers of the Community Rehabilitation Service at their recent Celebration Event.

Taking four months to make, the film can now be seen on Second Step's YouTube channel. We called it Taking Mental Health Outside because everyone we interviewed told us how important nature, the outdoors, gardens, trees and animals are to their recovery.

Our filmmaker Georgie worked with clients, former clients, staff, volunteers and peers to create a photo-essay drawing upon people's photos and one-to-one conversations. The film sacrificed the use of high level production equipment in favour of simple disposable cameras.

The edited audio provided an insightful and honest commentary for the photos, giving us a really interesting look into the lives and experiences of six people from the Community Rehabilitation team.

Do let us know what you think of it!



# Pride Day



## Second Step joined dozens of voluntary sector organisations in the Community Tent at Bristol's LGBT+ Pride festival on Saturday 14 July.

More than 32,000 people attended the festival making it one of the events of the season. We had great fun on the Second Step stall talking to a constant stream of people explaining the work we do and the difference we make.

We also spoke to visitors about the Golden Key Programme which works with people with complex needs in Bristol. Testament to just how busy we were can be seen by the fact we gave away virtually all of our leaflets, postcards and badges!



## It's always good to blog!

### Would you like to blog for Second Step?

In May of this year we launched a Second Step blog, you can find it at [secondstepblogs.wordpress.com](http://secondstepblogs.wordpress.com). Each month a member of staff or a volunteer writes a blog post about something they're passionate about and we share it on the blog as well as on the Second Step news pages.

Sound like something you'd like to get involved with? If so, please contact Jane Edmonds, Communications Manager, for more information.

## New service starts in North Somerset

Second Step is running a new community mental health support service for people in Weston and Clevedon, called the North Somerset Wellbeing Service.

The new service began on 1 July by taking on some of the work which used to be delivered by the charity 1 in 4 People. We're planning to launch new elements to the service once we've settled in and met our new clients.

To find out more about current sessions and timetables, please go to the Our Services page on our website and search for North Somerset Wellbeing Service. We'll be updating the web page regularly, so do keep monitoring it.

# Taking the heat out of summer

The summer stretches away before us in a seemingly endless warm haze. Nevertheless, your hardworking housing team at Second Step are on the ball noticing that before the next issue of Second Step News is the August Bank Holiday weekend! For many, this marks the end of the season and the coming of Autumn, with its mellow evenings and shorter days. Just a reminder that the housing office is closed on Monday 27th August. We reopen the following day.

With summer in mind, the eco-conscious housing team reminds our tenants in Supported Housing that the heating does not need to be on at this time of year! The boiler should be set to hot water only. If you find that any of the radiators are on, please turn them off, or speak with your housing support worker who can do this for you.

If you have any queries, or need any guidance, please do not hesitate to contact the Housing Team at the Second Step on **0117 909 6630** during office hours.



## Izzy's big idea

Sylvia's Fund is a new project to help Second Step clients rediscover their identity and improve their wellbeing.

The brainchild of housing worker Isabella Cross, the project raises money from fundraising events, such as the recent Raise the Disco night in Stokes Croft, to offer small grants for those little things in life.

Clients will be able to apply for a grant - up to a maximum of £50 - for a haircut, a cinema visit or a donation to go towards an educational course. Clients can apply through their support workers or directly via a simple nomination form. Each nomination is considered by the Fund's Board.

The fund is named after Isabella's Nan, Sylvia said: "To this day my Nan teaches me it's the little things that count - if this fund has a shred of the love my Nan has for life then it will be a success."

We plan to start taking nominations in early September and will be distributing nomination forms and further details very soon!

## Talking mood and food

Second Step's client-led Media Group continues to reach out and talk about mental health on the radio. We currently broadcast four times a year via the Tuesday afternoon Wellbeing Slot on community access radio channel BCFM in Easton, Bristol.

On a scorching day in June, the group presented its summer programme, all about nutrition and mental health. We were joined by Atiya Khan, a Bristol-based Naturopathic Nutritionist and Christian Lee, Head of Dietetics from Avon and Wiltshire Mental Health Partnership, AWP.

We spoke about our experiences of food and mood and we also enjoyed some music such as Eat it by Weird Al Jankovic and Food Glorious Food from the musical Oliver!

Our next programme will be on Tuesday 18th September. It's called The Comfort Zone showcasing music to aid recovery chosen specially by members of the Media Group. Tune in from 3pm that afternoon.

**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

### North Somerset offices

The Carlton Centre, Carlton Street, Weston-super-Mare, BS23 1UA  
67-69 Old Street, Clevedon BS21 6BT  
For more information call Hannah Young on 01275 342368

To receive future newsletters via email, please let us know by contacting [jane.edmonds@second-step.co.uk](mailto:jane.edmonds@second-step.co.uk)

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