

## Nightmare neighbours turned Tim into a recluse - **now it's time to flight back...**

**Tim Wrigley likes to watch the news and catch up with what's going on. But these days it's his own story that's making the headlines.**

Second Step News caught up with him to ask how it feels to be the media's glare.

Tim's life has been blighted for the last few years and it is only recently that the 52-year-old has begun to feel things change for the better. "I was a recluse for six years before I moved here – the victim of a campaign of terror from my next door neighbour," explains Tim.

Tim's pensioner neighbour burned piles of meat in his garden, threw out-of-date food into neighbours' gardens, repeatedly phoned Tim, stared at him through his window, threatened him and others and threatened to poison neighbours' pets. Tim kept a record of the intimidation and took his evidence to the police. After many months his neighbour was finally jailed for continually breaching a court injunction.

### Reliving the nightmare

Tim's ordeal was recently played out in a Channel 5 documentary about Nightmare Neighbours from Hell. The story was picked up by the Bristol Post and by the Daily Mail and as a result Tim has had to some extent to relive some of the misery of those times.

"I'm glad that he has been named and shamed in the papers – I did that – but that was nothing like what he put me through for two years. It was good to do the documentary but they didn't put in half the stuff that happened to me – and in many ways I thought it looked tame compared to the reality – which was appalling.

**"Overall I am glad I have stuck to my guns, fought for my home and my sanity and done all I can to show people can't behave this way."**

### Moving on

Tim, who suffers with depression and anxiety, is now working with Second Step and is supported by the Intensive Tenancy Support Team. Since Tim moved away from his nightmare neighbour things have started looking up and he has completed a number of educational courses.

"I've done a lot in this last year including getting my forklift truck driver's licence. I am also cycling again and I have given up smoking. I am keen to keep fit and get mentally fit too," he said.

## Welcome to your still very new newsletter



Hello and welcome to this the second edition of Second Step News – our new-look newsletter for both staff and people who use our services.

### Stale imagery?

In this edition, as in every issue, we're aiming to feature upbeat photography and images. This really shouldn't be problematic and is surely something every editorial team is trying to do for their readers. And yet everywhere we look in our papers, magazines and online news outlets people with mental health problems are depicted as people who constantly have their heads in their hands.

*What is it about news editors which compel them to use such stereotypical imagery? It would be great to hear your views.*

### We need you

We're still waiting to hear from enthusiastic service users who would like to help us put together the articles and stories for Second Step News. If you'd like to get involved, do get in touch – my contact details are below.

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## Second Step and Justgiving

Did you know that as a charity Second Step has a Justgiving account to enable people to donate to us? If you know of any individuals or organisations who would like to fundraise for us - do tell them about it! Simply visit our the home page and click on the Justgiving logo.



## Introducing the wheelie wheelie healthy... Second Step Recovery Café!

In the spirit of a healthy body equals a health mind, Second Step will be hosting a pop-up wellbeing and recovery café promoting positive mental health, wellbeing and bikes!

It will be held on **Saturday 12 and Sunday 13 July** as of Carnivelo and the Big Bike Spectacular at Bristol Cycle Festival. Staff and clients will be working together to promote wellbeing and challenge stigma, volunteering opportunities in the community and working with other agencies. For this event Second Step hope to be teaming up with:

- Bikeminded for maintenance demos and groups rides
- Community Conscious for wellbeing taster sessions
- Sustrans
- Dr Bike for free bike repairs and advice
- The Bristol Cycling campaign
- Graeme Wilgress who we hope will give an inspiring talk about his book
- Riding 2 Recovery

On the day we will be signposting and giving out information, including having a notice board for leaflets and flyers. Also, listen out for a BCfm special broadcast about the festival!

### Pedal power

This free, healthy, outdoor, event will be zero carbon and super eco-friendly. Everything will be transported to the venue by bike, sound and lighting will be pedal-powered and you will be able to work off that spare tyre by cycling your way to a delicious free smoothie!

Come along and pump up those energy levels with a nutritious free flapjack and other donated goodies. You will be able to donate via Just Giving, should you wish to do so.

### Get involved

Gear yourselves up to be part of the recovery relay team by putting your name down on the café rota for Second Step staff and clients. Let's get the recovery message out to Bristol!

Enjoy baking? Could you help provide some of the healthy snacks or fruit for the café to fuel this team effort? Have you got an idea which could help us make this event a great success? Get those cogs whirring and get in touch with Suzie Alvis in ITS with your thoughts!

## Our incredible volunteers gave an awesome 3529 hours of their time last year!

Volunteers are hugely valued at Second Step, we recruit and train individuals to a high standard so that they can support the work we do. We currently have 86 volunteers dedicating time and skills across six services throughout Second Step.

In total, volunteers gave a huge 3529 hours last year working with people on their road to recovery!

Volunteers contribute to Second Step in so many ways, engaging with people who are homeless or in high supported accommodation, mentoring those at risk of homeless and co-facilitating the delivery of Psychological Therapies with people who are referred through their GP. We also have people volunteering behind the scenes, supporting other volunteers, editing our volunteer newsletter and helping us keep a track of how things are going.

Many of our volunteers are peer volunteers, meaning they have had relevant life experience and used services themselves, so they really understand what our service users are experiencing. Currently 44% of all our volunteers have some level of lived experience.

Volunteers make a huge difference to the lives of those they work with. They are excellent role models, and offer much needed support to encourage those who need that extra push to identify and achieve their goals and engage in services.

We are currently recruiting for Mentors and Engagement Volunteers. If you know someone who would make an excellent volunteer, just direct them to our website for our latest opportunities, or ask them to give us a call.

Call 0117 909 6630 and ask for the volunteering team.

### STOP PRESS:

Come and celebrate with us on 9 June!

Please support our celebratory Volunteers Week event at The Pavilion alongside the harbour by Canons Marsh in Bristol at 6.30pm on Monday 9 June. We will be celebrating the work of all our volunteers who give their time and skills to Second Step. Everyone is welcome. To find out more please contact Jessica Wheeler in the Volunteering Team.

## Networking in the Bear Pit

Earlier in the year Second Step staff and volunteers set up shop in the Bear Pit in Bristol to talk to members of the public about mental health, recovery and Second Step. We handed out our Seven Steps to Recovery flyers and received a lot of positive feedback about raising awareness of the work we do.

We will be setting up our stall again over the next few months at Bikefest, Carnival, Pride and the Discovery Festival. Do get in touch if you'd like to find out more and/or get involved in with any of these events. Contact Jane Edmonds or use our free text number 80800. Thank you.



## Peer support and recovery education with Second Step



Discovering the power of recovery

Our first peer support training course in North Somerset was a great success. Learners used the course to find ways of understanding their own mental health and try out self management techniques. Learners also explored their own stories and learnt about ways in which they could use their own experiences to support others.

There were a lot of opportunities to explore what recovery meant to the group, and also to reflect on what makes a great mental health service. During the course some of our current peer support workers shared their experiences and this provided a real sense of hope.

One learner said 'The Peer Support workers showed me I am not alone, and I can do anything if I try hard enough.' There were was also lots of laughter, not least of all when we were joined by a large ginger cat.

As the tutor it was a real honour and pleasure to watch the members of the group grow and flourish and I hope to see many of them back as volunteers or workers in the future. In one learner's words the only thing that was wrong with the course was that 'it finished!'

### Places left on our free recovery courses

Do you want to learn more about mental health and recovery? Do you want to learn some self management tools and improve your communication? Are you thinking of working or volunteering in the mental health sector? If so our free Recovery Education or Peer Support training courses may be for you. Courses are running in Bristol and South Gloucestershire between May and July.

Dates for the courses can be found at [www.second-step.co.uk](http://www.second-step.co.uk) by following the recovery tab. For more information call Amanda Headley-White on 0117 9096630 or email [learning@second-step.co.uk](mailto:learning@second-step.co.uk)

## Second Step leads **£10 million** programme to unite Bristol



In the photo: IF group celebrating the Big Lottery decision to fund out Golden Key programme



Second Step is leading a group of partners who have been awarded £10 million from the BIG Lottery Fund to implement a ground-breaking programme which will work with Bristol's most vulnerable citizens to address the divide described by George Ferguson.

The eight year 'Golden Key' pilot will unlock doors to those with multiple and complex needs who struggle to effectively access services. By bringing together key players, challenging existing cultures and piloting better ways of working it will change people's lives by breaking the cycle of deprivation and dependency. At its heart are an advisory group, who have experienced homelessness, mental health problems, drug and alcohol dependency and/or time in prison.

The pilot will work with 300 clients, with 150 at any one time, and help improve the lives of some 1,500 other people, who will benefit indirectly from our work. Each client will have a lead co-ordinator to broker support and advocate, while a peer mentor will provide guidance and hope.

Clients will be empowered to take control of their lives by deciding what key services they need, whether it be training to get a job or counselling to overcome a trauma.

The Golden Key pilot is due to launch this November. Follow the journey as we work to find innovative solutions to break down barriers and unite Bristol

[www.second-step.co.uk/big-fulfilling-lives](http://www.second-step.co.uk/big-fulfilling-lives)

## Radio Group Gets Good Reception



### Ever fancied being in front of a microphone?

Second Step has an exclusive radio group for its service users and former service users, which works with local community media to promote recovery and wellbeing.

In Bristol, B.C.F.M., Ujima Radio and Bradley Stoke Radio all broadcast on FM to their parts of the city. Several other community radio stations are online, where rules are different. This all mounts up to a lively selection of small scale grass roots radio. Second Step feels that it is important that we work with community media to get our message of recovery and wellbeing out to as wide an audience as possible.

### Creating our own programmes

In 2012, Terry Starr and Tom Bowley used their interest in media to secure an exclusive training course for Second Step service users at B.C.F.M. covering all aspects of radio and production skills. Service users really enjoyed the training and formed a flexible Second Step Radio Group, to which people can commit as much or as little time as they want. We have made programmes for both B.C.F.M. and Ujima Radio which have been highly acclaimed. The shows we make are under the direct editorial control of the service users, who choose the music, draft the topics, research the programmes and execute the interviews.

So, are you a budding DJ, do you want to report on an issue, or do you have a story to tell? Our Radio Group would love to hear from you. Who knows where your involvement in the group will lead?

To get involved ask your support worker for a referral form or contact Terry Starr on [terry.starr@second-step.co.uk](mailto:terry.starr@second-step.co.uk)

## Revealing the new logo and look for mental health services in Bristol



Bristol mental health services have been reorganised with a total of 18 organisations involved in delivering a new service for the city. The overarching name for the services will be Bristol Mental Health and this is its new logo. The new services will be Bristol focussed and based in the city to best meet the needs of local people. Second Step is working with eight other voluntary organisations and with Avon and Wiltshire NHS Partnership Trust to deliver community mental health services in the city and is also the lead organisation in setting up and delivering a new Community Rehabilitation Service in April 2015.

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