



Dan meets Jonny

We were delighted when Dan agreed to launch our new Hope Project campaign #GetReal alongside mental health campaigner Jonny Benjamin. Targeted at men aged between 30 and 64, the campaign aims to raise awareness and save lives among a group of men most at risk of suicide.

Dan's story

When Dan contacted the Hope Project he was without hope. He has lost his home, his job and his relationship had broken down. He was so low, he says he had given up and saw no way out. He wanted to give up and saw no future for himself. Now, after working with his Hope worker, Joe, he's turned things round. He wants to rebuild his life, and he wants to help other men like him.

"That's why I'm talking to Jonny and talking to the BBC - I want to let other men know there is help out there," he said.

The Hope Project offers emotional and practical support to men aged between 30 and 64. Operating in Bristol, South Gloucestershire and North Somerset, the project is not a crisis service but can work with clients over the short term, offering them hope, support and advice.

Life-saving help

For more information about Hope and other sources of support visit www.second-step.co.uk/our-services/recovery-mental-health/hope-project. To see Dan's story and BBC interview visit www.second-step.co.uk/living-in-my-car-dans-story.

Photo: Dan with our beer mat campaign to help raise awareness about suicide prevention among men.

Welcome to the summer edition

Summer's a busy time here at Second Step as reflected by this upbeat and sunshiney edition of Second Step News, the newsletter for staff, volunteers and people who use our services.

We hear how Dan, a client with our suicide prevention project Hope, felt inspired to tell his story after meeting mental health campaigner Jonny Benjamin at the launch of our new #GetReal campaign to save men's lives.

We also take a look at what's on this summer from a Second Step point of view, and kick off our What Makes Me Well campaign with a short one minute film....from me!

Do keep in touch with your news and views. We love to hear from you.

Best wishes
Jane

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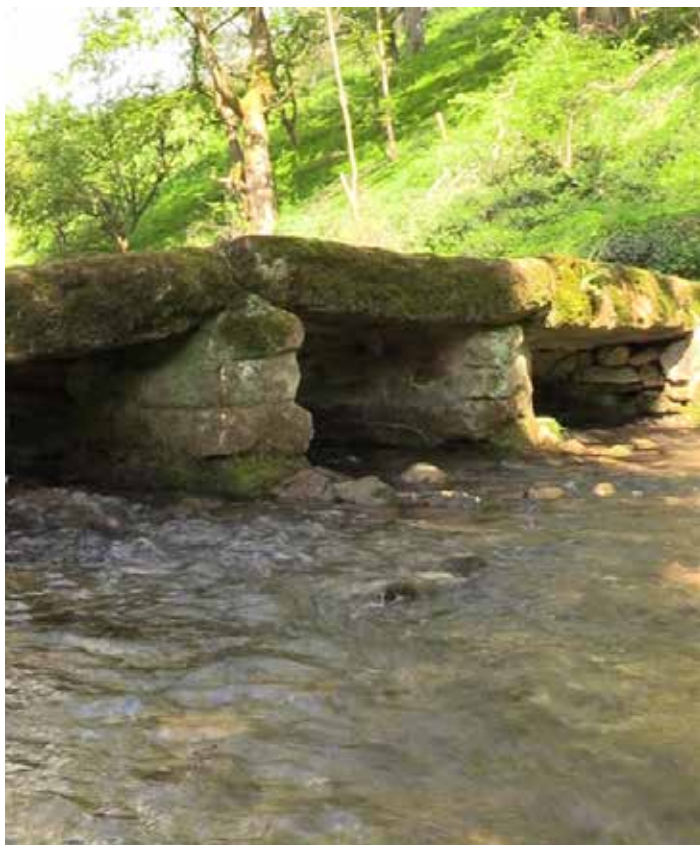


Summer Events

Summer is always a busy time for us at Second Step with various festivals and events going on around Bristol and the South West. We hope to see you at some of these events to talk about the brilliant work we do, how you can get involved or how we can support you.



- Our Somerset-based Step Together team will be at the Community Connect event run by the Somerset Carers Service on Monday 10 June, 9am-1pm at the Great Western Hotel, Taunton.
- We are holding a recruitment event for client and carer involvement on Friday 5 July from 1.30pm at Unitarian Chapel, Brunswick Square, Bristol. We'll also be launching our new involvement branding and logo so please come along!
- We'll be at the St Paul's Carnival on the 6th July. Do come and find our stall and help celebrate Afro Caribbean culture at one of Bristol's biggest attractions.
- We will also be at both Bristol Pride Day on Saturday 13 July at the Downs in Bristol from 12 noon and at the Weston super Mare Pride Day, the weekend on 27-28 July at Grove Park.



What makes you well?

Back due to popular demand, the **#WhatMakesMeWell** campaign is kicking off a summer of sharing with a short film from Jane Edmonds, our Communications Manager.

#WhatMakesMeWell celebrates the simple, small things we do to help manage our mental health and keep us well. This short film, which you can find on our YouTube channel on the Home page of our website, is just one minute long. It shows moments from a walk I go on to remind me of my family, of nature and the simplicity of wellbeing.

We'd like to share the things you do to help keep you well. Get in touch with us in the Communications team either by emailing jane.edmonds@second-step.co.uk or calling **07841 777401** and we will share your audio, video or writing on our website and on our social media platforms.

Join our new involvement groups

Our values are important to all of us at Second Step and as such we have a strong commitment to and belief in the people and carers we work with. Involvement enables clients to meet new people, gain confidence and learn new skills and it also helps shape and improve our services, making them the best they can be.

Bev Woolmer, Second Step's Involvement Officer, and a small group of dedicated and passionate service users have been working hard to reset, energise and rebrand our involvement approach and as part of this they are organising a recruitment event to be held on 4 July. The event will advertise our new coproduction opportunities and also launch our new resources and branding.

We'd love you to spread the word to people you work with. We are also looking for people who would like to sit on interview panels, deliver training, review policies, support new business, audit services, and deliver training for staff and volunteers. So please put this date in your diaries:

**Thursday 5th July, 1.30 - 4pm
at the Unitarian Chapel on
Brunswick Square.**

**From more information please contact
Beverley.Woolmer@second-step.co.uk**

First ever Multiple Disadvantage Day

To mark the day Golden Key will be hosting an exhibition showing creative work by people with lived experience of multiple disadvantage from across the city.

This is a great opportunity to **#SeeTheFullPicture**, and gain an understanding of life with multiple disadvantage from the perspective of those with lived experience. Creative work will include drawings, poetry, photography and more.

The event is free and open every day from Monday 1 July to Friday 5 July between 9am and 5pm at The New Room (John Wesley Chapel), The Horsefair, Bristol, BS1 3JE

Multiple Disadvantage Day is a new awareness day organised by the National Lottery Community Fund.



Feelgood funds



Clients from our North Somerset Wellbeing Service were the happy recipients of the area's first ever Feelgood Festival recently.

Here you see members of **Aware** (formerly Warriors of Wellbeing) the community group which organised the festival and is working with a host of like-minded organisations and individuals to run events to promote mental health and wellbeing across North Somerset. Our team manager in North Somerset Rachel Austin said

We would like to thank everyone who contributed to this amazing outcome. The people who use the North Somerset Wellbeing Service will determine how the funds are used but what is certain is that this will go a long way towards extending the service we are able to offer North Somerset residents.

www.second-step.co.uk

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