



I didn't know I could Paint

Jay's life fell apart when his partner of five years walked out on him. He was devastated and went on a non-stop bender. At its height he was consuming unsustainable amounts of vodka, cocaine and prescription drugs. He used up all his savings and only stopped when he broke the law, went to court and received a two-year prison sentence.

In prison Jay spent 23 hours a day in his cell. He was beyond bored and very low. "Someone gave me some acrylic paints and I was so dismissive. But I tried them out and discovered I could paint. It was an amazing moment. I lost myself in my paintings."

Once on the outside again, Jay found kept up his painting, even during a spell in a hostel for the homeless. "It's kept me clean, no doubt about it,"

he said. Now he's supported by Second Step in a place of his own and doing all he can to pursue his painting.

He has high hopes his art will introduce him to new people and new places.

Photo: Jay with his art at an exhibition at the John Wesley Chapel, Bristol.

BAME Achievements

Over the last few months the Black Asian Minority Ethnic (BAME) Group has contributed to and become involved in a number of projects, including:

- Helping recruit senior leaders to the staff team
- Contributing to improving induction training for staff and volunteers
- BAME Champion Trudy Tongogara has developed a new Equality Impact Assessment tool for team managers to check our policies and services aren't disadvantaging any groups inadvertently and is also working with the University of West of England to create new BAME student placements at Second Step in 2020.



Thank you for fundraising for us!

Intrepid fundraisers from Primark Bristol took on the Brecon Beacons and won!

Staff at Primark Bristol, the chain's 8th largest store, have chosen Second Step as their charity of the year, and have been fundraising for us. On a hot summer's day the team (see right) walked 26.4 km up the Brecon Beacons to raise more than £1,500 for us. Impressive stuff.

We look forward to hearing about your future plans - and we thank you so much for helping raise funds for the work we do to support people with mental health problems in Bristol and beyond.



Celebrating Together



Pictured above is our wonderful **Connections Panel** who shared their mental health experiences and wowed us with their insight at our all-staff, volunteers, Board and clients **Summer Event**. Talking about the importance of connections, we'd like to thank you again for your contribution - it was a highlight in a day of celebration.

And below meet the staff of **Step Together** our new service for people with complex needs in Somerset. The service is having its official launch next month to mark **World Mental Health Day**.

To see more photos from the event, please contact Communications Manager, Jane Edmonds.



Join our STAR groups today!

All current (and former) clients of Second Step services are encouraged to join our newly formed STAR involvement groups. STAR stands for **Shaping, Teaching And Responding**. Go to our website at www.second-step.co.uk and search for involvement to find out more!

Moving to Step Together was easy!

One of our Step Together clients from Street in Somerset shares his story on our website, and here pays tribute to his recovery coach.



Richard is 29 and in a good place. He's working, looking to find his own flat and pursuing his dream to help others as a peer mentor.

But things haven't always been so positive and he puts much of his change in fortune down to the support he's had from Karen, his Step Together recovery coach. He explains that with her support he's able to see himself differently, understand his diagnosis and make better choices.

"The change from the old service to Step Together has been easy for me. I've kept the same support worker which made the process easier. I don't think people realise what a difference it makes to be able to speak to Karen. Her support has been vital in my recovery."

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Golden Key on Sky News

The Golden Key's **Call In Project** supporting young people to turn their backs on crime was featured on a Sky News panel show recently.

The project's coordinator **Maya Mate-Kole** together with Andy Bennett from Avon and Somerset police explained how young people from East Bristol, who have been arrested for drug-related offences, are offered a chance to change their lives by accessing education, employment and training opportunities, building positive relationships with a mentor and improving their self-confidence, rather than being charged for the offence in the normal way.

To watch the half an hour discussion, please visit bit.ly/goldenkey-callinproject.



Who's your Caldicott Guardian?

The Caldicott Guardians are the people within Second Step responsible for protecting client and carer confidentiality, and ensuring it is shared appropriately and securely.

Chris Kinston, the Senior Operations Manager for Mental Health Services is our Caldicott Guardian and **Sarah Read**, Quality Improvement Manager, is the deputy. Staff are required to seek assistance from the Caldicott Guardian when a request is made to share a client's personal information. Each case is considered on its merits and the Caldicott principles (see bit.ly/caldicott-principles) are used at all times.