



'It meant so much to give her away on her special day'

When Gareth's daughter Paige married her partner last year, we were delighted to support him with a Sylvia's Fund grant so he could be there. Gareth shares his story with us here:

Gareth, 45, is a client of Second Step and has been in and out of institutions for the past 20 years.

"I used all of my savings to pay for Paige's wedding. I paid for the hotel, the dress and everything. But I spent all my money and ended up having no food for a week. I had no money for when I was meant to be enjoying my daughter's special day.

I'd run out of money a week before the wedding and in all the seven years I've been in my flat, I've never run out of food. I was in such a state. That's why I went into Second Step to explain. I couldn't believe it when they came up with the gift of money from Sylvia's Fund. I was amazed and the money came so quickly too. It was a life-saver.

My daughter Paige was over the moon! I walked her down the aisle, crying my eyes out because I didn't want to give her away. It was beautiful though. I have lots of photos from the wedding that I'm getting framed and they are going on the wall in my new flat."

Sylvia's Fund has been set up so that clients, or a support worker on their behalf, can apply for a small grant (up to £50) to help them with their recovery. So often it's the little things in life that are important and that often make the biggest difference.

You can apply for a grant:
second-step.co.uk/sylvias-fund



Welcome to Second Step News!



In our Winter edition, we celebrate the story of one of our clients, Gareth, who applied for a Sylvia's Fund grant so he could be with his daughter on her wedding day.

We look back over a busy Autumn season and ahead to the New Year where there's a lot of change afoot, for our clients and for us as an organisation. We also share updates with you from across the organisation, including Golden Key, Bristol Wellbeing College, North Somerset Wellbeing Service and plans for our new Crisis Centre in Weston-super-Mare.

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

Best wishes
Jane

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Cooking with Coexist

Every Tuesday the Community Rehabilitation cookery group get together at Coexist Community Kitchen in its new premises in Bristol.

The group has started up again following a successful crowdfunding fundraising campaign to find a new home. You can find out more about the Community Rehabilitation group by talking to your support worker or visiting Coexist Community Kitchen's website: www.coexistuk.org



Feed Your Mind

One of our most successful courses at the Bristol Wellbeing College is to be rolled out to our Wellbeing Service in North Somerset.

The **Mind Your Body, Feed Your Mind** course has been running for the last seven months at the College and has been attended by many clients. The course, designed by the Wellbeing Promotion Lead at Avon and Wiltshire Partnership Trust Paul Davies, identified the need for a course that focused on physical health and nutrition to run alongside the current mental wellbeing sessions.

From the very first workshop, 92% of attendees felt that they had a greater understanding about health and wellbeing.

Bristol Wellbeing College **courses are free** to people using Bristol Mental Health services in the city. To find out more and to enrol visit:
bristol.wellbeing.college@second-step.co.uk

Working wonders



Martin
Volunteer Mentor

Martin has been a Volunteer Mentor with us since January 2019. He recently attended our Volunteer Mentoring Training to talk about his own experience as a mentor for the Community Rehabilitation Service.

This is an exciting time for the Volunteering Service as we recruit more volunteers to support service users across Second Step.

You too can join in. Find out how at
www.second-step.co.uk/volunteer

New courses and events in North Somerset

The North Somerset Wellbeing Service has launched its 2020 Spring Timetable of events across Clevedon and Weston-super-Mare.

The service offers motivation and support to help people take a step forward in their recovery journey through wellbeing cafes, courses and activities.

You can download the timetable at:
www.second-step.co.uk/wp-content/uploads/2020/01/North-Somerset-Wellbeing-Service-2020-timetable.pdf

It's helped me in the darkest of times. You know you can find support and friendship.

Eleanor



A Safe Haven

Our Chief Executive, Aileen Edwards, revealed the name of the new crisis and recovery centre live on BBC Radio Bristol on 13 January. The Safe Haven Centre will open in Spring 2020 and was named following discussions with people who use mental health services in the area and the results of an online survey.

The new centre, which will be open from 6pm until midnight seven days a week, will bring new hope to people in North Somerset who will now have somewhere to go in a mental health crisis.

It is hoped that the new centre, which has been commissioned by the Bristol, North Somerset and South Gloucestershire Clinical Commissioning Group, will take the pressure off A&E, the police and other local services.

Connections count

On World Mental Health Day (10 October) we held a memorable launch event for the Somerset Step Together project in Taunton for clients, staff, colleagues, partners and commissioners.

Step Together is a support service for adults in Somerset who are homeless or at risk of homelessness, and also have a mix of mental health and other needs. We help people to live fulfilling lives in their own communities, retain their tenancy and reduce repeated homelessness.

You can listen to the BBC story about Step Together on our YouTube channel and go to our website to find out more about Step Together: www.second-step.co.uk/our-services/support-and-housing/step-together

The truth is a lot of people come from quite difficult backgrounds. When they've lived a certain life for so long, they never get to meet someone who really believes in them. That's hopefully what I can be for them.

Recovery Coach, Natalie Ellis-Marazzi
to BBC Somerset Radio

Photo: Panellists held an informative discussion on the importance of making connections at our launch event. Left to right: clients Mollie, Richard, Recovery Coach Dave and client Tee



www.second-step.co.uk

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