



The SUN Network Newsletter September 2019

Welcome

Hello and welcome to our SUN Network newsletter.

We have had an incredibly busy year so far, and we can't believe summer is over!

Over the summer we've started several interesting new projects. Some of these include; hearing your experiences of mental health in the workplace, perinatal mental health. The experiences of those with personality disorders, and dual diagnosis. Identifying gaps in between primary and secondary services, adult eating disorders and our Winding Road project. See page 2 for more details...

KC and Vickie have also been busy creating a new video which you can view on YouTube titled 'How does trauma affect our ability to cope with stress?'. [You can view it here!](#) For an insight into how our brains cope and what could help.

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[You can read our blog about what is going on weekly here.](#)

If you'd like to keep up with regular updates and involvement opportunities in between our newsletters, you can [sign-up as a member or check out our website news page.](#)

Winding Road Project

What is the Winding Road Project?

Introduction

The SUN Network usually assess mental health services and speak to their service users to find out if they are delivering what is needed. But what about people who are trying to access, can't access, or don't know about mental health services and support?



This project intends to follow the journeys of a group of people over a period of a year to see how they feel their mental health is, and what support they are able to access when they need it. We will be asking carers about their perspective too.

Method

We will meet you for three anonymous interviews over the course of one year. One initial interview when you agree to take part and one at 6 months and one at 12 months with an option to offer feedback about your situation to us at any time. Interviews will be face to face, online surveys, over the phone, via email. Whichever option works best for you.

What's In It For Me?

- You will have an opportunity to have your say and make a meaningful difference to how mental health services are delivered in your area.
- The process of telling us about your experiences is often described as therapeutic.
- Your feedback will be kept anonymously.
- We will come to you, no need to come to us.
- You choose how you answer the survey—face to face, online, phone call etc.
- To offer you the chance to get involved in other aspects of the work such as doing presentations and promoting it to others—providing support and training as necessary.
- You will not be out of pocket because of your involvement.

We are recruiting now. If you want to know more, please contact our friendly SUN Network team on enquiries@sunnetwork.org.uk 07712 358 172 (text or call) or for carers—Jonathan Wells jfgwells57@gmail.com

Feeling low? **Trouble sleeping?** Stressed out? **Everything getting too much?**



Cambridgeshire & Peterborough Mental Health
KeepYourHead

Wellbeing and mental health information and support for all ages

www.keep-your-head.com



Monster

A poem written by a young person who has drawn inspiration from a range of poetry and who has personal experience with mental health challenges within their family.

Monster

When did it all get so hard?

Laughter is a challenge, the gates to happiness barred.

I wear a mask so that no-one can see

The pain in my eyes controlling me

Even on good days I can't feel free

The demons in my mind just won't let me be.

It's better when I sleep, life's like a reverse nightmare

When I wake there's no relief, I'm still stuck in this snare.

Why is it so easy to tell the little lie?

"I'm fine, just tired" when I'm dying inside

I'm sick of this pain of living in chains

Holding me down till just a shell remains

This constant torture drives me insane

Throbbing, pulsing, pounding, like an agonising migraine.

I'm shattered on the ground and the shards have disappeared

The pieces have crumbled and I am left in fear.

Where can I go, I've nowhere left to turn:

I've tried to talk to everyone to whom I concern.

It feels like I'm fading away, drifting further out to sea every single day.

Waters are flooding in over the causeway and I'm lost in my self, in a state of disarray.

My imagined failings are tearing my life apart

And I just can't handle another break in my heart.

When I look in the mirror a monster looks back.

Snarling and scratching like a wild wolf pack

My intentions are scarlet as I snarl too

With no illusions of tomorrow, I know what I'll do.



Membership!

[Join The SUN Network membership and have your say!](#)

So what's in it for you?

We at The SUN Network believe all mental health and drug and alcohol services should be co-produced and that people who need or access those services are in a great position to offer feedback that can help improve services for themselves or others.

So we offer opportunities to be involved with shaping services, whether it be sitting on an interview panel or offering an opinion, attending strategic meetings, writing a blog, meeting the commissioners, research involvement, peer assessing services, co-designing and delivering training, shadowing our work for a day, attending workshops, or just meeting for a cup of tea and a chat about your experiences, being a member of The SUN Network can support you to be heard.

[Sign up today and get a free goody bag!](#)

Quote Of The Quarter:

“Stop shrinking to fit
places you’ve outgrown.”

-Anon

Break the Stigma!

Anxiety Myths

MYTHS and FACTS

MYTH: *'People with anxiety could just snap out of it if they really wanted to.'*

FACT: It's very difficult to just overcome anxiety disorders without help.

MYTH: *'Anxiety is caused by a bad experience or stressful ordeal.'*

FACT: Why someone feels anxious is complex – sometimes there might not even be an obvious reason.

MYTH: *'It's obvious when someone has anxiety or an anxiety disorder.'*

FACT: You may be sitting next to someone at work or even at the dinner table, anywhere and have no idea they are suffering.

How to manage Anxiety Attacks:

Focus on your breathing, know that it will pass, and you are going to be ok.

Use your senses to help ground you. What can you smell, touch, taste etc.

Close your eyes, this helps blocks out extra stimulation and you can focus easier on your breathing.

Stay with the moment, try not to move or avoid a situation. The panic or anxiety will pass so try to accept it for what it is.

Do something physical, raise your arms slowly, stamp on the spot, do some stretches. Try to occupy the mind to help slow down the attack.

How to help someone during an attack:

Avoid telling the person to "just breathe", try take deep breaths for the person to follow.

Asking too many questions can fluster people so let them speak when they are ready to and if they want to.

Be reassuring, your presence can help calm someone down by just being there.

Offer them water, or to get fresh air if they feel steady enough and support them to that if they want.

Know that some people might want to be on their own so let them be and check back on them after a couple of minutes.

Help available

Go to visit your **GP** or professional help, they might be able to refer you into some services and give you some resources.

Keep Your Head website are a one stop shop for all your mental health needs and is a great resource for different services or help that could be available for you.

CPSL Mind – are a mental health charity who offer a wide range of services and advice.

Psychological Wellbeing Service – offer a range of different talking therapies and self-help options.



Involvement Opportunities

How you can be involved in 2019

We will be looking for volunteers to be involved in community research in an area of mental health that interests you, such as cultural or peri-natal or personality disorder. You will be supported in ways that you need, to help you be involved. We offer an hourly rate and travel expenses and training relevant to the role. Our previous volunteers have all really enjoyed the experience and used the experience to help them get back into full time paid work.

We attend meetings about mental health and Drug & Alcohol. From Crisis care and Suicide Prevention to Community Mental Health, Dual Diagnosis and Harm Reduction. We are there to represent service users, how brilliant if you could be there yourself. Would you like to attend any of these meetings or find out more about what these meetings are and how to get involved? Please get in touch.

The mental health carer support services will be retendered at the end of November/December and we are looking for some paid volunteers to attend a workshop to score the service providers responses to our service user question we submitted and which is included in the tender. For more details on how to be involved, or to find out about the question submitted or what the retender means **contact us at enquiries@sunnetwork.org.uk**

Contact Us!

Phone/text: 07712 358 172 Email: enquiries@sunnetwork.org.uk

Get involved in our newsletter!

How about having your say in our viewpoint section? We would love to hear your thoughts and experiences of mental health or drug and alcohol services in Cambridgeshire and Peterborough.

Contact us to find out more.

Lois Sidney:

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K.C Cade:

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Anne Wigglesworth:

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Victoria Morton:

victoria.morton@sunnetwork.org.uk

Charlotte Lawrence:

charlotte.lawrence@sunnetwork.org.uk

Send Us Your Favourite Quotes or Poems and win!

What quote or poem helps you through each day?

Do you have a quote or poem that really speaks to you that you would like to share with others to inspire them? Send it to us via email or text and each quarter, a quote will be chosen by our team and put into our newsletter as quote of the quarter, and the person with the winning quote will be sent a £20 Tesco voucher.

Keep up to date with what we're doing through our social media!

@SUNnetworkCambs

