



## The SUN Network Newsletter Dec 2018

### Welcome

Hello and welcome to our SUN Network newsletter.

We have had an amazingly busy and exciting year as we became a Community Interest Company in April and are now completely independent. This has been a really positive experience and we had some brilliant input from people who have lived experience of mental health challenges who worked with us right from inception to steer the direction of The SUN Network.

We now have a board made up of people with lived experience of mental health challenges and they ensure that all our work is relevant and reflective of the feedback we hear from you.

We went through a re-branding exercise and now have a new logo and membership packs for anyone who wishes to join us as a member and hear about opportunities to have your say.

### In This Issue:

- Welcome, Our Year So Far
- Five Values
- A Word From The Chair
- Membership Information
- Involvement Opportunities
- Contact Us
- Your Chance To Win

Sadly we will be saying goodbye to our Recovery cafes and our fabulous volunteer Phill Howlett as CGL will be taking over. **Thank you Phill** for all your hard work and commitment to the Ely café, we will miss working with you.

CGL are the new specialist treatment service for support with substance misuse. To get help, their number is:tel:**0300 555 0101**

Their website is [www.changegrowlive.org](http://www.changegrowlive.org)



## Our Year So Far

### What we have been up to

We have spent this year listening to your views and experiences and sharing these with the service providers and commissioners. We have evaluated the Primary Mental Health Service that sits in your GP surgery, completed Five Values reports on Sanctuary Housing and Lifecraft. We've represented those that access mental health services at various meetings such as Crisis Care

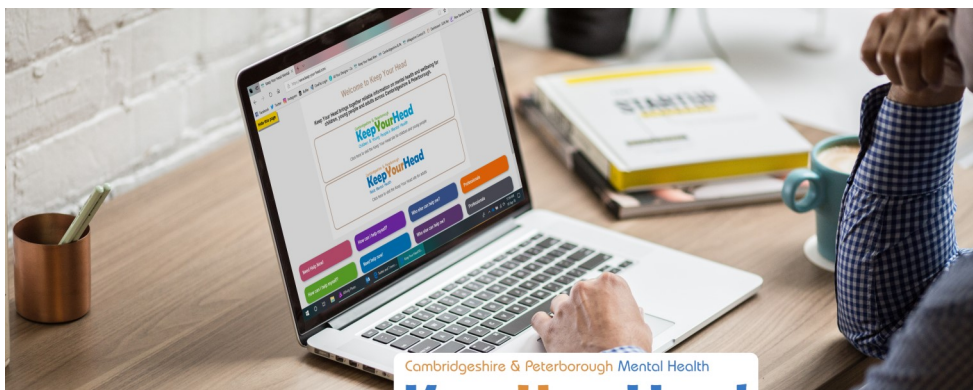
Concordat, Community Mental Health Board, Adult Social Care, Mental Health Delivery Group. **You are welcome to come along to these meetings to hear more and say more about future plans for mental health.** We have supported work with a CPFT service-user forum, helped people be involved in the drug and alcohol service retender, We have visited current services and events to ensure the voice of those living with mental health challenges is heard and respected.

## The Five Values

### Your Values

We asked which values you would like to see services deliver and you wanted Honesty: Working Together: Personalisation: Inclusion: Empathy.

We carry out peer led Five Values assessments on services to see if they are delivering the values you want. So far this year we have completed reports on Sanctuary Housing and Lifecraft. We plan to complete some more reports on mental health and drug and alcohol services in the new year. We speak with both staff and people who access the service to try and really get a sense of the values and experiences. This is a fantastic chance for you to get involved and become a peer assessor and get paid for your work. See more in our section about Involvement Opportunities.



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## Viewpoint

### A word from our Chair Jonathan Wells

It seems so obvious - that if you want to make a service as good as it can possibly be, you keep checking whether your customers are satisfied. You keep making sure that the fit between what people want and need and what you provide is as close as it can be.

And it is so good for people's well-being if they know they are being listened to in this way.

For these reasons, I'm very proud to be chair of the SUN Network and I'm determined that we will do everything we can to reach out to local people whose lives have been affected by mental health and/or drug and alcohol issues so that their voices are heard. One of our staff recently said to me what a privilege it is to have this task and I was delighted because I couldn't agree more!

It's easy to see the major gaps in services nationally and locally – whether it's access to specialist mental health services for adults and children and young people, or not being treated as whole person with strengths as well as challenges, or making the huge decision to detox from alcohol or drugs and then finding the service is unable to respond.

We are well placed in the local NHS and social care system and feel we can have a much greater impact in future. To do this we want a lot more people to come on board with us – maybe simply giving us feedback once, or giving feedback regularly, or becoming a member, or joining our Board!

## New Membership Packs!

### [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

“It may take many voices for people to hear the same message.”

— Rasheed Ogunlaru

## Involvement Opportunities

How you can be involved in 2019

We will be carrying out Five Values assessments on mental health and drug and alcohol services in 2019 and will be looking for volunteers to be involved. 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 community mental health services will be retendered early in 2019 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](mailto:enquiries@sunnetwork.org.uk)**

## Contact Us!

Phone/text: 07712 358 172 Email: [enquiries@sunnetwork.org.uk](mailto: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.

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## Send Us Your Favourite Quotes and win!

What quote helps you through each day?

Do you have a quote 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.



**Have A Peaceful  
Christmas From All  
Of Us At The SUN  
Network**

