



The SUN Network Newsletter May 2019

Welcome

Hello and welcome to our SUN Network newsletter.

We have had an amazingly busy spring. We said goodbye to Russell, our Drug and Alcohol Engagement Facilitator who has taken up an exciting new role with Everyone Health; We wish him the very best of luck in his new job and know we'll be seeing him out and about!

Although we were sad to see Russell go, our SUN Network family grew as we welcomed K.C and Charlotte to the team. K.C is our new Drug and Alcohol Engagement Facilitator and Charlotte is joining us as a Mental Health Engagement Facilitator.

You can find out more about them on our SUN Network blog. Each week one of us here at the SUN Network will write a post about what's been happening and where we've been; and we'll also have some guest posts too.

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[You can read KC's blog about his first few weeks here.](#)

The next blog going up will be from Lois, our manager filling you in on her week.

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

Co-Production

Working Together

Here at The SUN Network, we believe it's crucial that to know how good a service is or what it needs to deliver, we need to work with those who need or use it, alongside those who deliver it.



Over the years, your feedback has influenced change in current services, shaped new services and helped our commissioners to know what is needed so they can do their very best to provide it for you. The Sun Network are here to listen to your feedback about mental health and drugs and alcohol services and ensure that the commissioners are hearing you too. Have you had a journey through services that you'd like us to hear about? Please contact us to offer your feedback. enquiries@sunnetwork.org.uk or [click here to leave anonymous feedback.](#)

The Health Service Journal, has recognized the value of our co-production work and printed an article highlighting Cambridgeshire and Peterborough's co-production work with our CCG, The SUN Network and you! [Click here to read more.](#)

Keep Your Head

What is Keep Your Head?

[Keep Your Head](#) is a central point for information on mental health and wellbeing in Cambridgeshire and Peterborough. It can help you to find local services and get tips on self-help or ways to improve your own wellbeing, and how to look out for others.

The site has been developed through a collaboration between Cambridgeshire & Peterborough Clinical Commissioning Group, Cambridgeshire County Council, Peterborough City Council, and many voluntary sector partners including the SUN Network and Lifecraft.





Viewpoint:

‘The Partnership Forum – A Vision’ By Dominic Stenning

So back in 2016 my local trust Cambridgeshire and Peterborough NHS Foundation Trust (CPFT) started to revisit its Involvement Strategy (now called the draft “Partnership Strategy”) and as part of that we decided to go to the people and held seven listening events countywide, rather than just focusing on Cambridge or Peterborough alone.

The main thing people wanted was a forum or a more formal board they could join to influence the decisions made within CPFT.

They also wanted more involvement opportunities that went beyond ward inspections, filling in forms or other things the trust suddenly decided they needed a service user for. That often felt one sided rather than user led or proactive involvement as equal partners.

The other key message was how pleased everyone was with the trust going to them and how the events were organised and delivered locally with service users facilitating the events in collaboration with staff.

In January 2017 myself and other service users really pressed management to act on this information and it was decided we’d form the Partnership Strategy Group (PSG) that would “put meat on the bones” of the draft Partnership Strategy and “bring to fruition the aspirations within” giving the strategy a beating heart and not just a document of well meaning words, collecting dust on a shelf a year later!

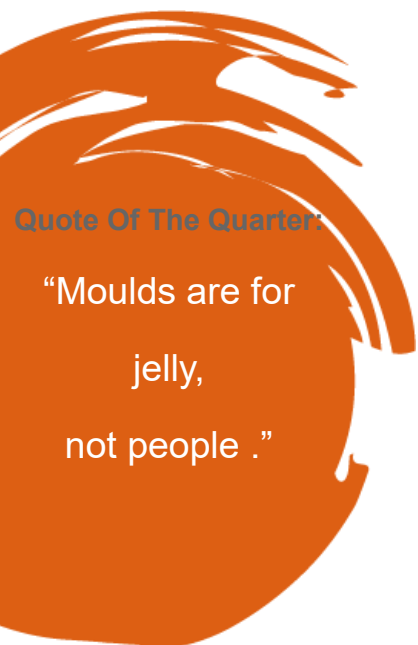
[Read More Here...](#)

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:

“Moulds are for jelly, not people .”

Break the Stigma!

Personality Disorders

MYTHS that lead to stigma

Only medication can help with Personality Disorders.

Often medication may not be required when actively and regularly participating in therapy/treatments.

People with Personality Disorders are unpredictable and violent.

This isn't the movies, and this is unlikely. People with mental health problems are more likely to be the victims of violence and not the ones to carry this behaviour out.

People With Personality Disorders Never Get Better

A number of studies have shown that while there are no outright cures for personality disorders, many symptoms can be effectively managed through combinations of medications, therapy and hard work.

A diagnosis is exactly just that- it doesn't define a person; they don't become a different version of themselves just because they have a diagnosis.

Letting a person be who they are and not allowing their diagnosis to control your view of them is so important for awareness and acceptance.



COPING with a personality disorder diagnosis

Know your patterns. Know what you like and do not like to help you cope, everyone is different so try different coping methods to find what works for you. Understand that coping is a process and it might not happen straight away.

Have a plan, write a CRISIS plan so should you get into a Crisis, your plan is available for helpers to read and act upon.

Talk to someone. It might be friends and family, a colleague, therapist, whoever you feel comfortable in trusting. This will help them understand what you are going through and how to help should you need it.

'Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind.' – Dr Seuss.

HOW TO HELP...

Do you know someone with a Personality disorder and want to help?

Learn about PD's. Visit sites like Keep Your Head, Mind, and Rethink Mental Illness to find out more information about personality disorders. Help yourself by understanding them better.

Ask how you can help. Everyone is different and might not even want help so ask first and let them let you in.

Give information – should you come across information, you can offer it to help those who it may be suitable for but accept if they do not want it.

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 Carers mental health support services will be re-tendered in Summer 2019 and we are looking for some paid volunteers to attend a workshop to score the service providers responses to the carers 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**

Contact Us! Got questions or want to know more?

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.

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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 Costa or Tesco voucher.

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

[@SUNnetworkCambs](https://www.instagram.com/SUNnetworkCambs)

