

## Charlottes Weekly Blog

Although we have a weekly blog its been a month since my last blog, so I'll catch you all up with what I've been doing.

KC and I had a great day in Cambridge, we went to some meetings and discussed how we can work together so that we hear as many voices around dual diagnosis as we can. I want to be as knowledgeable as possible so that I am equipped to be able to signpost people in the most appropriate directions so working with KC on this is going to be great. Cambridge is beautiful also, so it was lovely to enjoy it.



Our team are involved in a project around employment, and how people can feel supported by employers with their mental health. I love having projects to work on with the team because we really bounce off each other's energy, and hopefully can do some meaningful work. Do you have any thoughts on mental health at work? We would love to hear them.

<https://www.surveymonkey.co.uk/r/VWDC9WD>

Another journey we are starting is called The Winding Road and we will be working with those who have mental health challenges and carers of those with mental health challenges to follow their journey over the space of a year, meeting at three key points (Start, middle and end) to see how people's well-being changes and how they are able to access support or manage their wellbeing at the various stages. I'm very excited to be on this project/journey as I think it is going to be an important and eye-opening experience that hopefully will really impact the way mental health services are in the future for the better. If you would like us to follow your journey for a year, please let us know at [enquiries@sunnetwork.org.uk](mailto:enquiries@sunnetwork.org.uk) or contact 07712 358172 (we can call or text back)

I met the lovely Anouska from Richmond Fellowship the other day, although I've been part of the SUN Network for a few months I'm always meeting new people which I love. Everyone seems so passionate about what they do and are always keen for us to work together which is great!



I speak on behalf of all our team when I say that we are so excited for our staff away day next week. I'm looking forward to getting to know our team even more and just having a fun day with them all. I love the work we do here, and I love our work family so what's not to be excited about?

So, stay tuned for upcoming interesting involvement opportunities and in the meantime, make sure you take some time for yourself! Do something that makes you happy. Reflect on the positives on your day, week or month, meet up with friends, family and loved ones and have a wonderful weekend!

Until next time,

Charlotte.



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