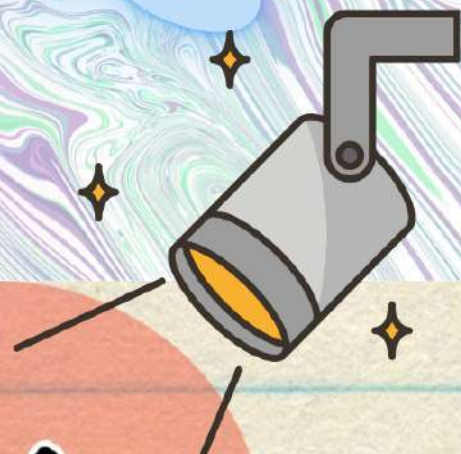


welcome
to



Lancashire Mental Health Partnership

zine edition

Huge thankyou to everyone who has got involved so far, and everyone who continues to work with us to create new pathways towards positive outcomes. Everyone's voices matter!

We hope you enjoy it!

Huge shoutouts to the professional bodies actively supporting LMHP and to everyone who has contributed so far; especially the people with lived experience, who's passionate voices will continue to shape how the LMHP develops.



Every contribution is a voice shared and knowledge spread to accomplish a bigger picture for the people of Lancashire.



Based on continued feedback...

... This issue contains a range of subjects including updates from continuing conversations and partnership work in our LMHP Sub- Groups, Wellbeing tips, and notes from LMHP meetings.

To find out more or to get involved,
please get in touch:

Tel: 01924 454875

OR

Email: mh.lancs@cloverleaf-advocacy.co.uk



**Lancashire Mental Health
Partnership**



**New voices and input are always welcome.
We are always encouraging new
connections.**





Zine Updates



HOW ARE YOU
FINDING THE
ZINES?



What's your
favourite part
about the Zine?



Is there anything
you'd like to see?



ARE YOU FINDING THEM
HELPFUL?



We value your feedback!!

Attendees-

Apologies-

Jenny Stammers- Peer Advocate, Catherine- Maundy Relief, Shima- BloomsbySMA, Hayley- Colne Citadel, Zohaib- PEP Enterprise, Maryam- Humraaz Support, Katy- LSCFT, Kerry- Beanstalk CIC, Grace- Empowerment, Nick- Colne Open Door Centre, Peter Lumsden, Mark- LVP.

COLNE MEETING MINUTES



DWTWB-

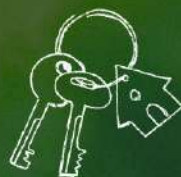


Importance of young people exercising to improve their mental health, particularly in stressful periods such as during exams. YES Pendle offer 1 hour a week free gym use for people aged between 16-24, helping them get young people in the door



Employment and study-

We continue to connect various employability support services across Lancashire. Examples of using the LMHP network to help people into employment through our connections with employment and volunteering services.



Housing-



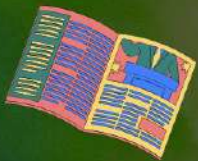
Discussion around HMO's and the issues that arise from service charges as a barrier to employment. Also, discussion about some vulnerable people being housed in HMO's that are out of their area, causing issues if they become homeless in an area that isn't familiar to them.

COLNE MEETING MINUTES



Creative slot-

A huge thank you to Sean for his tribute to Nick.



Zine-

Updates on the potential podcast showcasing LMHP voices. Thanks to Alice for sharing her journey and keeping us updated. Also, a reminder that we are open to any/all feedback on our LMHP zine. We are also looking into how we can help partners network more efficiently.



Financial wellbeing-

Examples of LMHP partners coming together to give feedback on benefit consultations. Thank you to everyone that got involved, including Maundy Relief. We continue to advocate for lived experience involvement.

COLNE MEETING MINUTES



Self-advocacy packs-

We are still seeking participants for a self-advocacy group to navigate recommissioning windows and funding. We are also involved in conversations around marketing and getting the word out about available services, if anyone would like to share their experiences and what has worked well for them. Also potential for conversations around a housing self-advocacy group to start up again. Please get in touch if you're interested in any of these self-advocacy groups.





DIFFERENT WAYS TO WELLBEING UPDATES




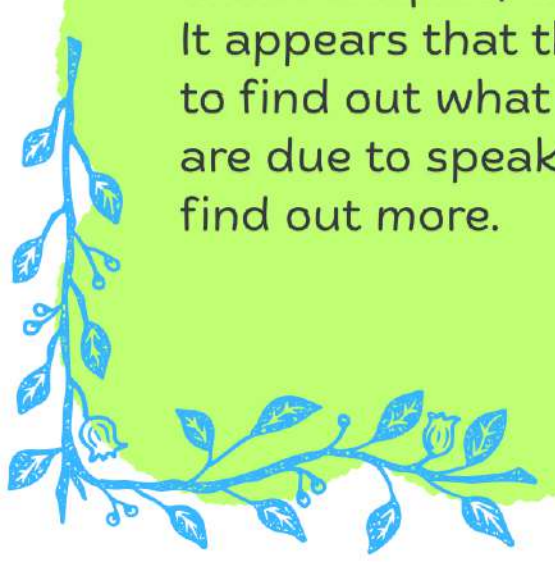
● Yet more examples of people finding ways to support themselves with activities in nature, then using what they've learnt to set up groups/ services to help others.

Major appreciation to Matt, The BarefootOT, who shared his story. Look out for more in the future.

● We've had several conversations with new partners around the importance of women only spaces, which has shown how these spaces of safety can help women to feel comfortable, empowered and supported.

● We continue to find that the East of Lancashire has built lots of bridges in the community. Thanks to Katy from Christians Against Poverty for telling us about People of Pendle, who are helping forge community connections between likeminded organisations.

● Some strong partnerships are being formed within local Mosques, Churches, and other places of worship. It appears that the work is ICB funded; with the aim to find out what MH-based support is available. We are due to speak to Peter (who is involved with this) to find out more.



DWTWB partner contribution



Blackpool Football Therapy CIC x Elliot's Place

We're excited to see new connections between likeminded organisations. Blackpool Football Therapy CIC have recently partnered with Elliot's Place, as part of Empowerment Charity, to "build a community of young men who empower each other and challenge the stigma of mental ill health and suicide."

Kick Away Stress, Embrace Wellness

Blackpool Football Therapy (BFT) offer inclusive sessions of men's football.

They run sessions across the Fylde coast on a weekly timetable, with different coaches throughout the week who are dedicated to breaking down barriers to men's mental health support by creating supportive spaces for men to come together in camaraderie, united in their love for the sport.

The aim is to get people to dust off their boots and escape reality for a couple of hours; getting outside, having a laugh and enjoying the game. They're currently taking part in the 'Wellbeing Cup'.

"By being a part of our club, you're not just playing the beautiful game – you're actively participating in the conversation surrounding mental health."



Challenge the Stigma

Elliot's Place is a project of Empowerment, set up in memory of Elliot Taylor.

The aim is for men to reconnect with society, using the power of community to socialise and build confidence in a relaxed, non-formal environment.

The project uses various physical activities to create connections and build relationships between men, with activities on offer including boxing, cycling and walking, as well as weekly drop ins.

Elliot's Place is a safe space for men to open up about their struggles and access the support they need. All volunteers are peer mentors, nicknamed 'Elliot's mates', with lived experience of mental health struggles.

"Big congrats on the new partnership, we're excited to see where this will take you." Please contact Mike at elliots_place@empowermentcharity.org.uk or Anthony at admin@blackpoolfootballtherapy.com for more information.





**Different
Ways To
Wellbeing**



**Make a change...Start
Today...**

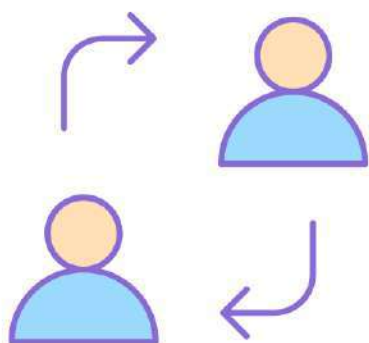


I started B.L.O.O.M in 2023 after the loss of both my parents. There was a loneliness that I experienced which I struggled with and saw in the community there was a gap for women to get together to feel safe and being able to talk to each other- in a safe space and with no judgement.

Life gets very busy so this is something I run every 6-8 weeks and I run this on a Voluntary basis.

Once I started B.L.O.O.M I took on a course to complete my Diploma in counselling. I am currently completing my Level 4 and I use the skills I learn to help women on my walks. I learnt that women just needed a safe space to be free and allow themselves to talk without being judged or looked down on.

I have done coffee drops, horse riding and walks out of the Preston area too. I have a vision - where I want to help women and allow themselves to be safe and talk about what is on their mind.





Different Ways To Wellbeing

So what does B.L.O.O.M stand for?

Believe - In yourself- believe that you deserve to look after yourself.
Believe in YOU.

Love- Love who you are for what you are and what you have been through.

Oneness- Be at one with yourself in the outdoors

Ownership- Take ownership of your wellbeing and prioritise YOU.

Motivate- Yourself and others to enjoy the fresh outdoors and be at peace with yourself.

If you feel that is for you and you are female are aged 25-45 please email me on bloombysma@hotmail.com or contact me via Instagram (@shimamaka) to see when the next walk is.

Please get in touch and remember it's ok to not be ok....and there is help out there to support you.

So come join and allow yourself to Bloom into the person you want to be....



Many thanks to Shima.





Employment And Study Updates

○ WE HAVE SEVERAL LMHP PARTNERS WHO ARE LOOKING FOR PAID EMPLOYMENT, PLEASE GIVE US A SHOUT IF YOU CAN HELP, OR IF THEY CAN HELP YOU/ YOUR PROJECT.

○ THANKS TO/ THROUGH HYNDBURN'S COMMUNITY ACTION NETWORK, SEAN WAS INTRODUCED TO DONNA FROM LANCASHIRE ADULT LEARNING. SEAN GAVE AN INSIGHT INTO ONE LMHP EXAMPLE OF STRONG PARTNERSHIP WORKING BETWEEN CHELSEY AND TASNIM. DONNA HAS MANY MORE EXAMPLES TO SHARE WITH US AND BEGAN FURTHER PLANS TO COLLABORATE WITH OTHER LEARNING-BASED ORGANISATIONS DURING THE MOST RECENT CAN MEETING.





Employment And Study Updates

ONE OF OUR PARTNERS AN INCLUSIVE FUTURE HAVE PUT US ON TO UDEVELOP CIC, WHO “CREATE STRUCTURED PROGRAMMES THAT CAN HELP SHAPE, CHANGE AND HAVE AN IMPACT ON A PERSON’S LIFE.” WE HAVE INITIALLY REACHED OUT VIA EMAIL AND ARE LOOKING FORWARD TO CONNECTING WITH CAROLINE AND TEAM.

JENNY HAS BEEN IN TOUCH WITH MICHAELA ABOUT HER NEW JOB ROLE AS A COMMUNITY WORK COACH. UNFORTUNATELY MICHAELA COULDN’T JOIN US IN COLNE BUT WILL AT THE NEXT MEETING TO TALK ABOUT HOW SHE CONNECTS WITH COMMUNITY GROUPS IN HER AREA.



Financial Wellbeing Updates

○ **As mentioned in June's Zine, Cloverleaf Advocacy / Carers Count held a number of consultations regarding the 'changes to benefits' announcements. Thanks very much to Maundy Relief, and our other lived-experience and professional partners who got involved with this. The report from the above was published and shared with the Local Authority/ other people within Government. We've attached it to the email containing this Zine, so feel free to send this to your local MP's.**



○ ○ ○ **We're putting together a list of who would like to be involved in help with funding, whether this is a Facebook page, WhatsApp group, or something different. Your feedback matters, let us know if you wish to be included in this.**

Financial Wellbeing Updates

Katy from CAP has shared with us their client report which has recently been published. Katy will be giving an overview of this report at the Skelmersdale meeting.

Gemma has been in touch with Dave from Yes pendle, who said: "we are definitely feeling the strain with current funding. However, we have been receiving donations from local supermarkets with hygiene and sanitary products, this has been a massive support to our YP's overall wellbeing and confidence."





**"I'M SO GLAD LMHP EXISTS,
THANK YOU FOR LETTING ME BE
A PART IN IT, IT'S SO GOOD TO BE
KEPT IN THE LOOP ABOUT
EVERYTHING THAT'S GOING ON!"**





Housing Updates



LSCFT introduced us to their ongoing work around expanding their Safespace network for people experiencing MH crisis. This is essentially a place to stay and receive support for up to 7 days, after a referral from the Home Treatment Team. Feedback from the professionals: “Safespaces are being ‘underused’, especially in the Fylde area.” More on this at our next LMHP meeting.

There are several crisis cafe’s for people to drop in to who are self-referring. We will map these out and ask LSCFT to fill in the blanks for us. MH professionals within those can support people to access the above Safespace at a location should that be required.



Housing Updates



One of our LMHP partners spoke on her experience seeing people being referred into MH clinical services locally but later ‘admitted’ as inpatients at a location not local to them (in some cases far away from where they live). A call for a deeper insight to how and why this happens and what can be done to overcome challenges as a result of these scenarios. If you can help with ‘joining up some dots’, please give us a shout.

Jenny has been in touch with Claire from PAC, who introduced her to Chanda, the Service Manager of their SafeSpace project—not to be confused with the above Safespace that is part of LSCFT! Hopefully more on this soon.

Local Services and Awareness Contribution



A Brief History.....

In 2008, NHS Talking Therapies, formally known as Mindsmatter in Lancashire, was created to improve patient access for therapeutic support for anxiety and depression, using empirically proven interventions within the NICE guidelines.

Today.....

Through a few name changes and expansion, currently, NHS Talking Therapies helps approximately 1.9 million patients nationally to improve their mental health each year. Within NHS Lancashire & South Cumbria (LSCFT), there are eleven Talking Therapies services alone.

Our Values



We are Kind



We are Respectful



We are
Always Learning



We are a Team



Local Services and Awareness Contribution



What we can help with.....

NHS Talking Therapies uses Cognitive Behavioural Therapy (CBT) and Counselling based interventions amongst others to help with a variety of common mental health difficulties including:

- anxiety
- low mood and motivation
- more specified forms of anxiety
- phobias
- obsessive-compulsive disorder
- post-traumatic stress disorder
- bereavement
- stress
- overwhelm
- relaxation
- long term physical health issues that affect mental health
- work related issues- we have a specialist team of Employment Advisors who can help with this.



Local Services and Awareness Contribution

How to refer yourself to Talking Therapies.....

If you feel that you could benefit from support from one of our trained clinicians, you can self-refer online

via: Talking Therapies :: Lancashire and South Cumbria NHS Foundation Trust

You can also call the Fylde and Wyre team if you are based within the locality on: 01253 955943.



What to expect once you have referred yourself for support.....



Initially, you will have a telephone assessment with one of our trained clinicians. This will assess the mental health struggles you are facing and help to determine your therapy goals, or look at whether a different service might be better suited to your needs. After the assessment, depending on your needs, you will be assigned to a highly trained therapist who will tailor scientifically-proven interventions to provide personalised care to match your needs and support you to work towards your goals. You will learn different strategies and techniques during treatment and will have copies of these to continue to use once your sessions are completed.

Local Services and Awareness Contribution

Employment Advisors.....

Often, work can be a huge factor in negatively affecting our mental health. If you are a patient with Talking Therapies and find that you are suffering because of work, then you can utilise the support of our highly skilled Employment Advisors who can assist with a range of employment-related difficulties you may be facing.

Final word.....

If you are struggling with your mental health, you do not need to suffer alone! Seek support from Talking Therapies. Currently, access to the Fylde and Wyre service for low intensity CBT and also high intensity CBT is quick. If we cannot help you with your mental health needs then we will either signpost or refer you somewhere that can.



THANK YOU! 

By Victoria Critchley, Psychological Wellbeing Practitioner, Fylde and Wyre Talking Therapies Service for Anxiety and Depression.

Victoria has provided lots of examples of positive outcomes in the form of lived-experience testimonies. One of which has been shared on the LMHP facebook page.

Self Advocacy Packs Updates



People continue to share ideas and resources about how they can help one another, and it is really great to see. Gem has put together a re-cap in terms of definitions/ scope/ examples of self-advocacy. We're still keen to expand ideas and portrayals of Self-advocacy packs to help all people involved, please see further on in the zine for examples of what one looks like when created.



Peer Advocate Gem is still seeking feedback from anyone re groups/gym sessions that are helpful to people struggling financially, to expand the radius of what is out there for mental health and wellbeing services. Please get in touch if you know of any free/low cost options.



We're thankful for all contributions from Healthier Heroes, this Self-advocacy pack will be available within the next Zine. Shout out to Andrew and the team.



Self Advocacy Packs Updates



Where ideas
come together..



It has been mentioned by partners that they are unsure how to expand their attendees when trying to develop projects/ services as they feel there's little support available with marketing/ connecting with the right audiences to gain traction, could anyone help with this or point someone in the right direction to make this process easier?



Really cool to see LSCFT wanting to support VCFSE's with self-advocacy pack style info around avoiding burnout. Look out for more, soon.

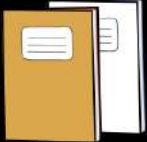




SELF ADVOCACY PACKS

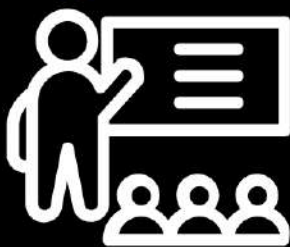


It's amazing to see more people getting on board with helping others with Self Advocacy Packs!



Self Advocacy Packs can be classed as an interpretation of a 'How To Guide', which may prove a helpful and fruitful tool to help others with knowledge for various topics.

These can be created by anyone- whether they are lived experience/ professional or both.



They can be created in various forms. To name a few examples- articles, picture illustrations, step by step processes etc.



Here are a few summarized examples!

SELF ADVOCACY PACKS



Self advocacy packs



- LEAFLET
- 10 STEP GUIDE
- INSTRUCTION MANUAL
- TESTIMONY
- ILLUSTRATION
- CHART/DIAGRAM
- SUPPORT SESSION (REMOTE AND IN PERSON)



"OKAY, BUT WHY SHOULD I USE THEM?"



THERE ARE MANY REASONS WHY SELF-ADVOCACY PACKS COULD BE USEFUL, AND THEY ARE A TOOL THAT CAN BE SHARED; GIVING PEOPLE ACCESS TO INFORMATION, AND SUPPORTING THEM TO INCREASE THEIR KNOWLEDGE AND AWARENESS. ESPECIALLY IMPORTANT, IF THERE ARE LONG WAITING TIMES TO ACCESS MENTAL HEALTH SERVICES. SELF-ADVOCACY PACKS MAY BE USEFUL WHILST WAITING.





SELF ADVOCACY PACKS



Self advocacy Pack

To Finding Purpose

In this article, I want to share some simple steps to help people find their sense of purpose. In my experience, having something to focus on is a big part of staying mentally healthy. When your mind is busy with something you're passionate about, it gives you direction and energy – even when things feel tough.

Step 1: Find a Common Interest

Start by thinking about what interests you. What hobbies do you enjoy, or what have you liked in the past? If nothing comes to mind right away, take a step back and think about the kinds of things that make you feel calm, curious and excited.

If you're struggling to find a focus, try joining a group or activity. Meeting new people can shift your attention to something more positive, and you might even discover a new hobby or skill along the way.

For me, writing and helping others with advice helped me feel like I had a purpose. It gave me a voice and something to look forward to.

By: Jake Ogden



FINANCIAL WELLBEING TIPS AND TRICKS SELF ADVOCACY PACK

There's lots of talk about energy prices set to rise from April, so we've put together a list of tips and tricks to help with rising costs. We hope it helps.

Money Helper- Help with the cost of living-

<https://www.moneyhelper.org.uk/en/money-troubles/cost-of-living>

British Gas- Energy saving tips-

<https://www.britishgas.co.uk/energy/guides/energy-saving-tips.html>

Martin Lewis- Heat the human not the home-

<https://www.moneysavingexpert.com/utilities/heat-the-human-not-the-home-save-energy/>

What to do if you're struggling to pay your energy bills-

<https://www.moneysavingexpert.com/utilities/how-to-get-help-if-you-re-struggling-with-your-energy-bills/>

Cost of living survival kit-

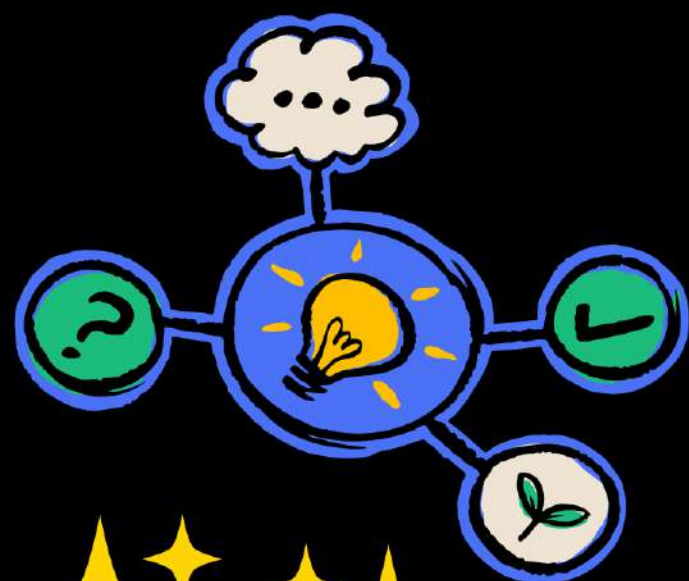
<https://www.moneysavingexpert.com/family/cost-of-living-survival-kit/>

Budgeting- Money Helper- Budget planner-

<https://www.moneyhelper.org.uk/en/everyday-money/budgeting/budget-planner>

Martin Lewis- Budget planning

<https://www.moneysavingexpert.com/banking/budget-planning/>



SELF ADVOCACY PACKS



Funding



Points that were shared by attendees-

Adding to the points below, many mentioned when it came to funding to not be afraid to discuss what is currently not working, to demonstrate how the funding could add benefit. Also, don't undersell yourself- ask for what's really needed. In addition to this, some were finding that applying for smaller pots of funding may be more effective than applying for the whole amount needed in one.

Showing a strong background of what the organisation does/has already been accomplished can create a good foundation base for the application; an option was presented that a possibility may be inviting them to meet staff or see the activities that are currently in the works at that moment in time, therefore showing a stronger representation of what's already been achieved. Even further help may be letters of support from partners that have already been involved.



Key points for how to approach 'bid writing'-



- Think about who is receiving the application. Know your audience- what are their missions and values?
- Give time to do the application form correctly, researching as much as you can about what's needed for funding.
- Give clear reasons about why the funding is needed- show what's already been or hasn't been done to help the project, to back up why the funding is needed. This could be shown using case studies, feedback from existing partners or attendees, graphs, charts, voice recordings, pictures etc.
- Present the plan in place to achieve the goal- tell them specifically what the funding will be used for, using a clear structure with outcomes. This gives the person reading the application an idea of what will happen next, should the funding be granted.
- Show, with evidence, how the project may bridge gaps in the community- is there anyone within the area doing anything similar or not at all?
 - Bullet point information to make it clear and easy to understand.
- Ask someone to proof read the document to ensure information is correct and so are the numbers (the amount that's being applied for).
- Stick to the word count, or you could be penalised.

Putting the pieces
together.



DON'T FORGET!



COMMUNITY
INTEREST
COMPANY



The Next LMHP Partnership Meeting

you

IN CASE YOU
MISSED IT...

- ☐ Information for the community and you!
- ☐ Outcomes from sub group discussions

Network
Connect
Discuss



Bringing
People
Together

Get involved



LEARN
TOGETHER.
CREATE
TOGETHER.

You can get involved
remote or in person!
Or by talking to a peer
advocate who can share on
your behalf.
If you're wanting to attend
physically, please let us
know.
Limited places available.



Learn what's
available....
Talk with
like-minded
people.

mh.lancs@cloverleaf-advocacy.co.uk

Skelmersdale Library

2.00pm - 3.30pm

30th September