

Voluntary Sector Mental Health Network
Tuesday 1st August 2023
1.00pm – 2.45pm
Online via Microsoft Teams



AGENDA

1.00pm	<p><u>Mental Health Liaison Service Update</u> Rachel Bounds, Mental Health Liaison Service Officer, Derbyshire Voluntary Action</p>
1.05pm	<p><u>Introduction from the new Living Well Locality Co-ordinators</u> Ellie Scott, Living Well Locality Co-ordinator (Chesterfield, North East Derbyshire and Bolsover) & Debbie Enever, Living Well Locality Co-ordinator (High Peak & Derbyshire Dales)</p>
1.15pm	<p><u>Time Swap Derbyshire</u> Lindsey Coombes, Time Swap Development Officer, South Derbyshire CVS</p> <p>Learn how Time Swap can benefit the communities you live and work in, by helping local individuals and organisations to share their skills and time.</p>
1.35pm	<p><u>Survivors of Bereavement by Suicide (SoBS) - Hope in Every Step Awareness Campaign</u> Phill Abbiss, Volunteer Coordinator</p> <p>SoBS have embarked on a campaign for 100 days which started on the 3rd of June 2023 called Hope In Every Step. The challenge was to walk 100 million steps in those 100 days (ending on World Suicide Prevention Day) to raise awareness of SoBS and the support it offers people over 18 impacted by suicide. The campaign has already surpassed expectations and now they have decided to increase the target to 1 billion steps.</p>
2.00pm	<p><u>You're Never Alone</u> Kerri Rockey and Mark Frith</p> <p>A peer-to-peer support group for people with mental health issues, provides advice, support and friendship through a Facebook group and regular meetings.</p>
2.10pm	<p><u>Wellbeing Activities available to the voluntary sector</u> Dr Melanie Hani, Public Health, Derbyshire County Council</p> <p>Derbyshire County Council are working on initiatives to support volunteers and staff members with their own mental health and wellbeing. There will be wellbeing resources, free activities for the sector and free training in Mental Health First Aid. Dr Melanie Hani can also offer wellbeing support to groups and organisations.</p>
2.35pm	<p><u>Any Other Business</u></p>
2.45pm	<p>END</p>