

Brighton & Hove

The Wellbeing Hub at Preston Park

July 2022



All attendances at the Hub are by appointment only. You can book via your Recovery Worker, calling the Hub on 01273 565049 or emailing: recoveryservices@southdown.org

Providing specialist housing, care and support in Sussex since 1972

www.southdown.org

Welcome

Welcome to Southdown's Brighton and Hove Mental Health Recovery Service.

We offer services to people who need support with their mental health, wellbeing and recovery. Our services are free for people over 18 who are registered with a Brighton and Hove GP practice.

We offer a variety of opportunities available during the day, 7 days a week. These include:

- Groups and activities
- One-to-one support at the Wellbeing Hub and venues across the City
- and Peer Support

How to register with Southdown Recovery Services

Please see our website for more information about how to refer to the service.

www.uok.org.uk

If you need support, or know somebody that does, please give us a ring on:

0808 196 1768 (freephone) and we will help you navigate and access support. **Lines are open Monday to Friday between 9am to 5pm.**

Contents

Recovery	3
The Wellbeing Hub	4
Case Studies	5
Welfare Benefits Service	6
Employment Service	6
Courses, Groups & Activities	7
Our Programme	8+9
Recovery Groups & Activities	10
About Southdown	15
Peer Service	15

Once we receive your referral, what happens next?

Once we receive your registration form, will invite you to an initial welcome meeting to explain more about the service and the different choices on offer.

We will talk to you about the support you need and develop an initial Recovery Plan.

If you have a preference for a male or female worker at the initial meeting please let us know in advance.

Recovery and a focus on Wellbeing

People who use our Recovery Services describe Recovery as:

"Recovery is looking at ways to support yourself and help yourself to get better. The word recovery is a good word because it's positive and gives you hope for the future."

"Recovery is help to get through your own illness, gain confidence and meet people."

There are many descriptions of Recovery in mental health, not to be confused with the medical understanding of recovery which often means cure or no symptoms. Other well known definitions are:

"Recovery isn't about getting back to how you were before, it's about building something new." - Anon

Peer Roles within The Wellbeing Hub at Preston Park

We also have Peer roles within the service.

"My peer role involves supporting the people at the Hub by allowing them to talk about any worries and anxieties, or who just want a friendly face and someone they can trust. I enjoy getting to know people and helping where I can. I am learning about myself as well as gaining confidence. The role gives me a sense of purpose and I feel I am making a contribution" -

Peer Worker

"It was lovely coming to the Hub, such a welcoming, peaceful and comfortable place to come to."

User of Recovery Services



Opening Hours

Clients and visitors can attend the Wellbeing Hub by appointment only.

Groups and activities are available throughout the week, including weekends.

The Wellbeing Hub at Preston Park

Our Hub offers a supportive environment to meet other people who experience mental health challenges, to socialise, learn new skills, and join groups and activities. It also provides the option to meet with a member of the Recovery Team to develop a Recovery Action Plan and identify your goals. The Recovery Team can also meet you in the community.

We have a Recovery Team with a range of experience and training made up of:

- Recovery Workers and Advisors,
- Employment Specialist and Welfare Benefits Specialist
- Peer Specialists and Supporters with lived experience of mental health challenges

UOK Brighton and Hove:

We can help you find free mental health support in Brighton and Hove.

Call us on Freephone:

0800 196 1768 and we'll help signpost or refer you to the right local support and services for you. Lines are open Monday to Friday, 9am to 5pm.

www.uok.org.uk

Available to adults aged 18 and over.



Lunch at the Hub...



New café opening hours

Every day 11:15– 2pm

Lunches served at 12:15pm

Beverages and biscuits available

Please book via reception –

Tel: 01273 565049



The Wellbeing Hub at Preston Park

Welfare Benefits Service

Appointments can be booked with our Welfare Benefits Specialist during weekly sessions.

People are often anxious about making changes to their benefits and through these appointments can be reassured about any future change in circumstances, such as moving into work.

"I feel it is important that we have access to a dedicated Welfare Benefits Specialist because the system is so complicated and keeps changing."



**Jo, Welfare
Benefits Specialist**

Employment Service

We offer an individually tailored approach to support you to find and maintain paid work. Your Employment Specialist will work with you to develop an employment plan, work on a CV, advise on job applications, interview techniques and support you whilst at work to better manage your mental health in the workplace. If you are already employed and struggling due to issues around your mental health, our Employment Specialist can help to facilitate back to work arrangements between you and your employer and aim to prevent recurrences of absence.

"The Employment Service really helped me through all the different stages of my journey, from creating a CV and a cover letter to helping research for job vacancies and prepare for interviews. They also guided me through the process of registering as self-employed. I now have a job and am getting my own business started, both of them with great support from this service."



**Patrycja,
Employment Specialist**

Groups & Activities

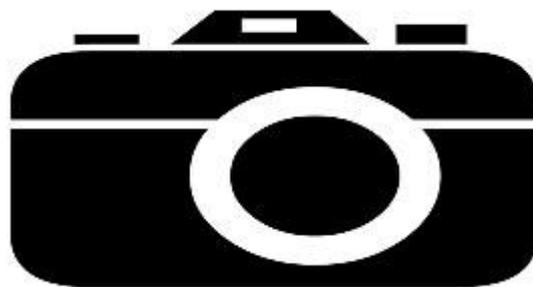
The Hub offers a range of groups and activities to promote recovery and improve mental health and wellbeing. We offer a mixture of groups giving you the choice to either attend regularly or on a more flexible basis.

As well as promoting recovery, mental health and wellbeing, our group and activity programme is based on the Five Ways to Wellbeing model, researched and developed by the **New Economics Foundation**, London.

Five Ways to Wellbeing:

- **Connect** with people around you such as family, friends, colleagues, neighbours, the local community
- **Be Active** discover a physical activity you enjoy and that suits your mobility and fitness
- **Take Notice** be curious and aware of the world around you
- **Keep Learning** learning new things increases confidence and should be fun
- **Give** do something nice for someone, volunteer, join a community group

We need your images!



We need photos or art for the brochure's front page!

Just send to:

recoveryservices@southdown.org

The Recovery College

The Hub runs courses, groups and activities run alongside our Recovery College courses.

To find out more about the Recovery College please pick up a copy of the latest prospectus.

The college is based at: Frederick House, 42 Frederick Place, Brighton, BN1 4EA

We also put on new groups, one-off sessions and activities throughout the year, please ask staff. If you are interested in a particular activity we are not currently offering please contact us as we are always open to new ideas.

Groups and Activities booking is essential

MONDAY	TUESDAY	WEDNESDAY
<p>Qigong</p> <p>In person and on Zoom 11am -12pm</p> <p>Computer Tuition</p> <p>12.30 to 2.30 in lounge</p> <p>Book via reception</p>	<p>Tai Chi 11am - 12pm</p> <p>In person and on Zoom</p>	<p>Art and Craft Group with Ali</p> <p>1.30pm— 3pm</p> <p>Please book in with Ali Alison.Purbrick@southdown.org</p>
12.15pm Lunch Club—booking is essential		
<p>Garden sketch group</p> <p>Mondays 11am-12:30pm</p> <p>Please book with Cathy Cathy.Fuller@southdown.org</p>	<p>Gardening group</p> <p>2pm—4pm in the garden (groups are once a month)</p>	<p>Afternoon Social</p> <p>Currently all out in the community.</p> <p>Please contact the Hub to be added to the contact list</p>
<p>Walk and Talk - fortnightly</p> <p>Meeting at the Hub and walking around Preston Park, 1.30pm - 3pm</p> <p>Fitness and Wellbeing with Max</p> <p>3-4pm</p>	<p>Art and Craft with Ali</p> <p>1pm—2:30pm</p> <p>Start time can vary, depending on other groups. Occasionally this is a Creative Writing Group. Alison.Purbrick@southdown.org</p>	<p>Wellbeing Wednesdays</p> <p>With Julie and Abbie</p> <p>2pm—3pm</p> <p>Fortnightly</p> <p>Alternate sessions online and in person</p> <p>Themed sessions</p> <p>Booking needed for online sessions—see reception</p>
<p>Board Games session</p> <p>A friendly group where we choose a different board game each time. The group meets every month on a Monday 1pm-2.30pm.</p>	<p>Body and Mind Workout</p> <p>4.45 - 5.45pm</p> <p>At Cornerstone Community Centre.</p> <p>Please contact Glenn at the Hub for more info.</p>	<p>Swimming</p> <p>Regular group visiting local pools</p> <p>With Cathy and Abbie</p> <p>More info contact reception</p>

THURSDAY	FRIDAY	SATURDAY
<p>Brighton Women's Centre</p> <p>Drop in 10am - fortnightly</p> <p>Contact Brighton Women's Centre to book a space</p>	<p>Homeopathy</p> <p>9.45am - 11.45am (appointment only) treatments cost £4.50</p>	<p>Yoga 12pm- 1pm</p> <p>Yoga 2—3pm</p> <p>In person and on Zoom</p>
	<p>Computer Tuition</p> <p>10-12pm in lounge</p> <p>Please book through reception.</p> <p>Anti Stress Colouring</p> <p>11am—12:30pm</p>	<p>SUNDAY</p> <p>Sunday Roast Lunch Club</p> <p>12.15pm—booking is essential</p> <p>Coffee and chat in person,</p> <p>2pm (book via the Hub).</p>
<p>12.15pm Lunch Club—booking is essential</p>		
<p>Bring your own Art group</p> <p>1pm - 2.30pm</p>	<p>Shiatsu Self Care Group</p> <p>In person and on Zoom</p> <p>2pm—3pm</p>	<p>The Young Persons Group</p> <p>(18 to 35 years) Let us know if you want to join the email list or look out for group information emails</p>
<p>Hearing Voices Group</p> <p>These sessions are in blocks</p> <p>Contact the Hub for dates</p> <p>1.30pm - 2.30pm</p>	<p>Anti Stress Colouring</p> <p>11am-12.30</p> <p>Using adult colouring books with music to aid relaxation</p>	<p>To find out more about groups, changes and cancellations please phone 01273 565 049</p>

All groups and activities need to be booked in advance. We are currently unable to offer a drop-in service.

Online Zoom Groups

We are continuing to offer online groups, some are blended with face to face groups in the Hub. If you need support to access Zoom let us know

Group Agreement:

- When sharing, consider the impact this may have on others
- When in chat groups - If the group is more than 6 people, we may ask people to raise their hands when they want to speak
- If someone is speaking please wait until you think they have finished before responding
- Take good care of yourselves when sharing, to see if it's right for you to say what you plan to say
- If there is a lot of background noise we may ask you to mute (when on Zoom)
- Everything said in the group remains confidential to participants (exception of when facilitator is concerned and needs to raise an issue)

All on Zoom!

Monday Qigong with Claudia 11am

Tuesday Tai Chi with Laura 11am

Wednesday Ali's Art & Craft 11 am

Wednesday Coffee and chat with Abbie/Charlie 2pm

Friday Shiatsu Self Care Group with Claire, 2pm

Saturday Yoga with Tammy, 12noon

Yoga with Tammy 2pm

Recovery Groups and Activities

ART AND CREATIVITY

The Recovery Service offers a variety of art and creative opportunities, from the simplest means of making and doing, enjoying colour, to the acquisition of new skills and techniques. Involvement in the arts can help re-build and develop confidence, self esteem, and improve concentration and dexterity.

"Being creative is the best way out of depression and doing it with other people inspires you." - user of art group

Art and Craft Group



Learn craft skills such as collage and embroidery, or bring your own craft projects to work on with others.

Sketch Group

An untaught outdoor sketching session in the beautiful Wellbeing Hub garden or in the lounges if the weather is bad. Bring your own materials or you can borrow paper, clipboard and pencil. Draw what you see around you or bring along an art project you want to work on. You can move around the garden or sit and chat with the group as you sketch.

No previous sketching/ drawing experience needed!

Bring your own Art

The group is a quiet space for people to do their own art in a relaxed environment.

Clients can also have access to all the art materials in the two art rooms available.



Anti Stress Colouring

Colouring can be a way to avoid stress and negative thinking, helping take our minds off our problems. Colouring is becoming a popular creative way to tackle depression, unwanted feelings and improve well-being. This group offers a social space too but you are welcome to sit quietly concentrating if you prefer. All equipment provided.



Get involved!

Park Life Magazine

BREAKING NEWS!

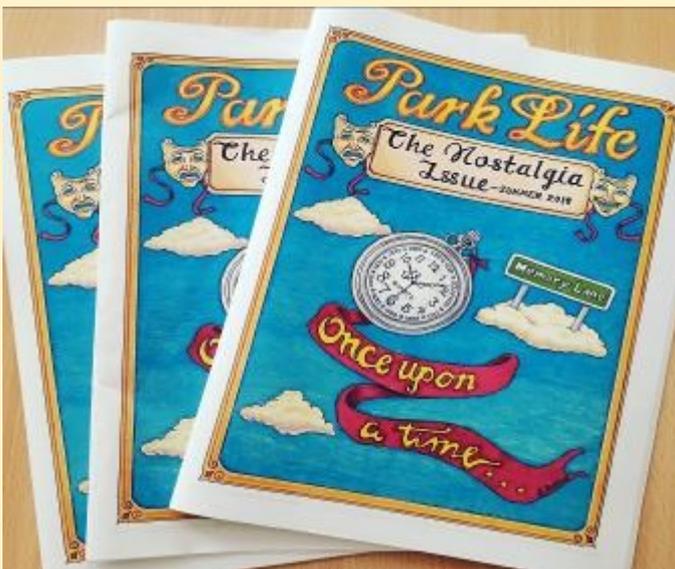
It's easy to get involved in our brilliant in-house client and staff magazine "PARK LIFE"!

Clients vote on a theme, so far we have had Nature, Food, Music, Robots, Sport, Nostalgia and Local history, Dreams and Inspiration.

The magazine includes a lovely mix of poems, photos, reviews, word searches, artwork and local resource information.

Anyone who uses the Hub can submit material for the magazine.

Ask in the Hub for details on how you get involved or you can email Ali:



Alison.purbrick@southdown.org

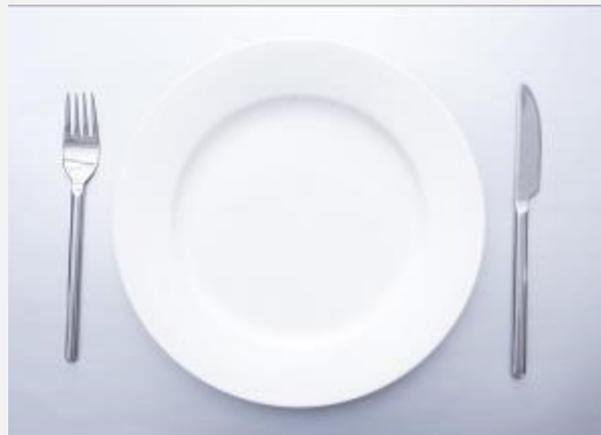
Look out for updates:

www.uok.org.uk/

Lunch Club

We have a daily Lunch Club at the Hub with a set meal for £4. See posters for drink prices.

The meals are at 12:15pm and must be booked. For the menu please see details in the fortnightly email Bulletin. Sunday lunch clubs are roasts with a vegetarian option.



Wellbeing, Movement and Physical Health

We offer opportunities to take part in gentle exercise. Improving physical health and fitness can improve mental wellbeing.

Homeopathy (book in advance)



Working with "Homeopathy in the Sussex Community", this is a complementary therapy for physical, emotional and psychological symptoms

There is a small charge of £4.50 for treatments

The clinic is run by Homeopath Michael J. Bird RSHom SDSHom.

Tai chi with Laura

Gentle coordinated stretching and movements.

Qigong with Claudia

Gentle movements and breathing exercises.

Yoga with Tammy

This is a friendly, playful, class where we will explore more fluid movements to move the energy, classical yoga postures and breathing practices. The intention of the class is to bring more lightness and space into your body and mind. This is an accessible class and suitable for everyone.

Body and Mind with Glenn

At the Cornerstone Community Centre.

Light exercises and stretches for relaxation.

Jogging with Glenn

Jogging around Preston Park with Glenn, suitable for all levels, more info coming soon—email glenn.salvage@southdown.org



Or phone reception

Shiatsu self care with Clare

'We will be working on ourselves physically, using simple exercises to connect up with our own body's natural life-force energy—known as 'Ki' in Japanese.

Please wear suitable, well covered, comfy clothes. If online: have room to stand, move your arms around, and ideally a place to sit and lie on the floor. All work can be adapted for chair work.

In person and online.

Fitness with Max

Aerobic exercise to music—for all levels

Women's Swimming sessions

All women welcome to these monthly sessions at St Luke's Swimming Pool on the last Weds of the month. Booking needed.

Skill Groups

Learning new skills can improve mental health and wellbeing, our confidence and be fun!



Beginners Computer Tuition

1:1 support to learn the basics of using a computer.

Garden group

A friendly small group, we carry out a range of gardening tasks here at the Hub including planting seeds, growing veg, hanging baskets, watering and weeding. Suitable for all abilities as we can tailor the tasks to each person's needs. Time for tea and chat too! Each group runs once per month.

Nature Conservation Volunteers

An outdoors group where we join local projects and help out with practical tasks. No experience needed but you would need to be able to walk on uneven ground and use tools. For more info contact abbie.mead@southdown.org

Connection

Walk and Talk



A gentle walk around Preston Park, the Rock garden or Preston Manor gardens. A chance to chat and socialise whilst getting some exercise, fresh air and enjoying the surroundings. Sometimes we will also go to one of the cafés in the park for a drink or snack.

Wellbeing Wednesdays

Fortnightly sessions, each with a wellbeing theme—come and learn new techniques and share your experiences with others in this friendly group

The group happens in person and online alternately.

Booking required for in person sessions.

For more info email recoveryservices@southdown.org or telephone reception.



Support

Hearing Voices & Visions Group

For those who experience voices and/or visions. This is an open and safe place to talk about your experiences from your own perspective, with others who have similar experiences. The forum is led by those attending the group and underpinned by 'client centred' philosophy values of; unconditional positive regard, empathy and non-judgement.

Dates: 8 week block of sessions, please ask staff for current schedule.

Social

We offer regular outings and monthly cinema trips. Please ask staff for further details.

Discussion Group

The group looks through the day's papers and discusses the topics of the day. Each person is invited, if they would like, to contribute their own personal comments and reflections through the spectrum of current issues, light hearted and more serious.

Afternoon Social Group

Fun, social activity in a safe space in the community with food. Activities are planned by group users. Please ask staff for the most up to date program of activities or see posters at the Hub.

Young Person's Group

The Young Person's Group is a group for people aged between 18-35. The Group runs one Tuesday a month. Our philosophy is to create a non-judgmental space where diversity is celebrated. We want to develop the Young Persons Group collaboratively with group members and are always open to new ideas!

"I really enjoy the activities we do at the young people's group. I feel safe, supported and find it a place where I can really be myself without fear that my mental health is getting in the way." - group attendee

Peer Service

I'm Ali and I've worked at the Hub for six years. My role is a Peer Support Specialist. This means I've been a mental health service user myself for 17 years.

*I live with Bipolar Disorder and I've had intensive peer support training to learn to listen and encourage, empathise and walk alongside other clients on their recovery journey, in a non clinical, mutual and non judgemental way. I have a caseload of clients I support like our other recovery workers, but I am also developing ideas so I can offer a **MONTHLY PEER SUPPORT GROUP** to provide nurturing activities and a space for listening and supporting one another. Please email alison.purbrick@southdown.org if you are interested.*

About Southdown

Southdown is a not-for-profit, specialist provider of support and housing services to people across Sussex. Our vision is "To provide exceptional community services across Sussex which enable people to live well".

Fundamental to all services we deliver is the ethos of working alongside clients to coach and empower them to develop the skills and confidence to take action and responsibility to increase their independence.

Head Office:

2 Bell Lane, Lewes

East Sussex,

BN7 1JU

Tel: 01273 405 800



The Wellbeing Hub, at Preston Park

18 Preston Park Avenue

Brighton BN1 6HL

Tel: 01273 565 049

Email: recoveryservices@southdown.org

Further information and our referral form can be found at:

web: www.uok.org.uk/services/wellbeing-hub-preston-park

email: referrals@uok.org.uk or call **0808 196 1768 (Freephone)**

