

Brighton & Hove

Southdown

The Wellbeing Hub at Preston Park

Spring 2024



scan me

If you need support for your
mental health or wellbeing, or
know somebody that does,
please call

0808 196 1768



The Wellbeing Hub at Preston Park

The Wellbeing Hub offers a supportive environment to meet other people who experience mental health challenges, to socialise, learn new skills, and join groups and activities. Alongside group participation, the hub also offers the opportunity to meet with a member of the team for up to 8 session's of goal-focused coaching support.

Our Team have a range of experience and knowledge, including

- Recovery Workers and Advisors
- Employment Specialist and Welfare Benefits Specialist

UOK Brighton and Hove Helpline:

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

Call us on Freephone: **0800 196 1768**

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.



The Six Ways to Wellbeing

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

The Six Ways to Wellbeing

Wellbeing is a term that covers many different areas within our lives. In its simplest form it could be defined as simply feeling good and being physically well, we know though, through experience, that wellbeing is not as simple as that. To help, we use the six ways to developing and maintaining wellbeing.

—www.mentalhealthresource.org.uk

Be Active

Regular physical activity is associated with lower rates of depression and anxiety across all age groups. Exercise is essential for slowing age-related cognitive decline and for promoting wellbeing.

Keep Learning

Continued learning through life enhances self-esteem and encourages social interaction and a more active lifestyle. To keep your mind active, why not read a book, complete a crossword, visit a museum, or watch a documentary on something you know nothing about.

Give

Individuals who spend time giving to others are more likely to rate themselves as happy. Practicing random acts of kindness, or even simply saying 'thank you' works wonders for your wellbeing.

Connect

Feeling close to and valued by other people is a fundamental human need and social relationships are critical for promoting wellbeing and protecting our mental health and resilience.

Take Notice

By pressing pause once in a while, you can strengthen and broaden your awareness. Being aware of what is taking place in the present directly enhances your wellbeing.

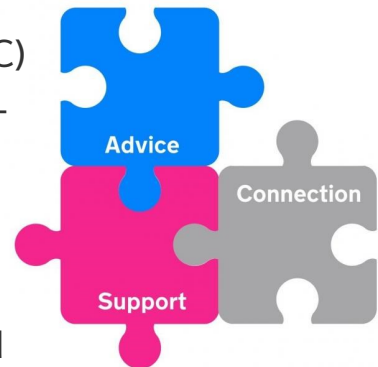
Care for the Planet

Home cooking? Reducing your plastic waste? Walking instead of driving? Write down each time you do something to help our planet and use it as a guide to continue to make positive changes

The Mental Health Support Coordinator Service

UOK Brighton & Hove

The Mental Health Support Coordinators (MHSC) work closely with you, providing short term one-to-one support. They will maintain regular contact with you to help you connect to your community and build social support.



The MHSC will discuss your goals, interests, and areas you would like to change with, or things you would like to work towards.

They will discuss how you currently look after yourself, your coping strategies and your mental wellbeing, in order to understand what support the service can provide.

A MHSC will work with you to develop an individual support plan, helping you to decide what your priorities are and what community support may be beneficial for you and your mental wellbeing.

The support is goal focused, proactive, and directed by you.

The service is free and available to adults aged 18 and over, living in Brighton & Hove, that are facing complex mental health challenges.



To access the
Mental Health Support
Coordinator service, you
can call the UOK Central
access point on
0808 196 1768

Alternatively, you can
speak with your
Recovery Worker
at The Hub.

Staying Well – Brighton & Hove

The Wellbeing Hub at Preston Park, 18 Preston Park Avenue, BN1 6HL

Staying Well is an out-of-hours walk-in service for people aged 18 or over experiencing mental distress or requiring crisis support.

Open 7 days a week, 365 days a year, the service provides psychosocial support within a safe, supportive and therapeutic environment.

There may be times when, due to staffing, we may not be able to offer walk-ins. If this happens, we'll let people know via our Facebook page (www.facebook.com/StayingWellBrightonHove)

Our safe space café provides a relaxed environment where you can gain peer and social support, to help you build skills to support your own recovery. Peer Support Workers (people with lived experience of mental health challenges) are also available to chat to.

Our team are on hand to provide non-judgmental support tailored to your needs, whether that's simply listening or supporting you to reduce emotional and psychological distress.

You can access support by attending in person at The Wellbeing Hub at Preston Park in Brighton. It is advisable to call ahead of your walk-in, so we can answer any questions and discuss any additional support needs you

No appointment needed, just drop in

Monday - Friday

5pm - 10.30pm

Saturday - Sunday

3pm - 10.30pm

Southdown
Staying Well

Brighton & Hove



We're here to support you in a crisis



Brighton Women's Centre
Empowering women since 1974
womenscentre.org.uk

Women's Wellbeing Drop-in

Thursdays 10.00 - 12.00am

A safe, women-only space where you can find support, information and a cuppa.

A free drop-in service for any woman looking for practical or emotional support with her wellbeing.

Come and speak to one of our trained staff or volunteers in a safe, women only environment.

[All women welcome.]

**The Wellbeing Hub at Preston Park, 18 Preston Park Ave,
Brighton BN1 6HL**

**For further please call our Support & Information Phone Line on
07842 311406**

**(Phone Line hours are Wednesdays 10am-12pm)
or Email us on support@womenscentre.org.uk**

**We try our best to keep our services running throughout the year, however
occasionally our drop in sessions have to be cancelled at short notice.**

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."



**Fiona,
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.

We also put on new groups, one-off sessions, events and activities throughout the year. Please ask staff for more details.

If you are interested in a particular activity we are not currently offering, please contact us as we are always open to new ideas.

The Recovery College

The Brighton and Hove Recovery College offers educational courses as a route to recovery from mental health challenges.

All courses are free, and are designed and delivered by people with lived experience of mental health challenges (Peer Trainers), together with clinical staff and other professionals.

There are courses focusing on recovery and self-management skills and range in length from one-day workshops to longer courses running over several weeks, on subjects such as 'Exploring Relaxation' and 'Managing Anxiety'.

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

For more information visit www.uok.org.uk/services/brighton-hove-recovery-college

LET'S BE AGREEMENT



Respectful

Respect one another i.e. give each other space to talk & show kindness

Sensitive to others

Please have sensitivity around topics you talk about within the group & awareness about only sharing things you feel safe to share



Confidential

Keep things you hear within groups confidential



Kind to yourself

If you feel overwhelmed or need a break from the group, it is fine to have some time out. Just let the facilitator know

Mindful of language

Be aware of our use of language i.e. avoid swearing or using any language that could be considered discriminatory



Considerate

Please endeavor to be punctual to groups and leave the space used for the group clean and tidy

Groups and Activities— please book your space

MONDAY	TUESDAY	WEDNESDAY
<p>Qigong with Claire</p> <p>In person and on Zoom 11am-12pm</p> <p>Computer Tuition</p> <p>12.30 - 2.30pm, book via reception</p>	<p>Tai Chi 11am - 12pm</p> <p>In person and on Zoom</p> <p>One-to-one Shiatsu from 1pm, with Claire</p> <p>30 minute sessions. Please book, cost £5</p>	<p>The Trust for Developing Communities (TDC) - contact TDC for more details. 9am - 12pm.</p> <p>www.trustdevcom.org.uk</p>
12.15pm Lunch - please book		
<p>Mixed media sessions— look out for details in the bulletin emails</p>	<p>Art and Craft with Ali</p> <p>1.30pm-3pm (FORTNIGHTLY)</p> <p>A sociable group doing varied activities</p> <p>Young Persons Group</p> <p>1.30-3.30pm (FORTNIGHTLY) (18 to 35 years) Let us know if</p>	<p>Art and Craft Group with Ali</p> <p>2pm – 4pm (FORTNIGHTLY)</p> <p>Accessible art on the ground floor, book in with Ali</p> <p>Afternoon Social</p> <p>Please contact us to be added to the contact list</p>
<p>Walk and Talk</p> <p>Meeting at the Hub and walking around Preston Park, 1.15pm - 3pm</p> <p>Fitness and Wellbeing with Max, 3-4pm</p> <p>Fitness and exercise group.</p>	<p>Singing For Fun</p> <p>12-1.15 (FORTNIGHTLY)</p> <p>Fun group singing with Ali</p> <p>Accessible Mindfulness Colouring (FORTNIGHTLY)</p> <p>1pm - 2.30pm</p> <p>Mindful colouring to relaxing music on the ground floor</p>	<p>Games Group</p> <p>1pm - 2.30pm (FORTNIGHTLY)</p> <p>Dancing for Fun</p> <p>2pm-3pm (FORTNIGHTLY)</p> <p>Informal light hearted dance session with Ali</p>
<p>Cooking Group</p> <p>Check out the monthly emails or the poster in reception for more details and dates of sessions</p>	<p>Body and Mind Workout</p> <p>4.45pm - 5.45pm</p> <p>At Cornerstone Community Centre. Please contact Glenn at the Hub for more info.</p>	<p>Silent Book Club</p> <p>3-4.15pm</p> <p>Often fortnightly but check emails and posters for details</p>

THURSDAY	FRIDAY	SATURDAY
<p>Brighton Women's Centre</p> <p>10am - 12pm, contact Brighton Women's Centre (BWC) to book a space. Details overleaf.</p>	<p>Computer Tuition</p> <p>10 - 12pm, book through reception.</p> <p>Creative Writing with Anna</p> <p>11.30-12.30pm</p>	<p>Open Access 11am - 2:30pm</p> <p>Yoga 12pm - 1pm</p> <p>In person and on Zoom</p> <p>Craft Group with The Hub and Lighthouse 1.30-2.30pm</p>
<p>Art Space for female clients</p> <p>The Art Room can be booked by female clients during the morning on Thursdays.</p> <p>Craniosacral Therapy</p> <p>1:1 sessions with Zoe. Please note these get booked up fast and we will close waiting lists.</p>	<p>Mindfulness Colouring</p> <p>11am - 12:30pm</p> <p>Mindful colouring to relaxing music on the ground floor</p> <p>Friday Open Access</p> <p>11am - 3pm</p> <p>A drop-in style session. The Café is open and the art space can be booked</p>	<p>SUNDAY</p> <p>Open Access 11am - 2:30pm</p> <p>Music Appreciation with The Hub and Lighthouse 11.15 - 12.15pm</p> <p>Sunday Roast Lunch Club</p> <p>12.15pm - booking is essential</p> <p>Coffee & Chat Group</p> <p>1:15—2:15pm in-person, book</p>
12.15pm Lunch - please book		
<p>Bring your own Art group</p> <p>1pm - 2.30pm</p> <p>Yoga 3.15pm - 4.15pm</p> <p>In person and on Zoom</p>	<p>Shiatsu Self Care Group</p> <p>In person and on Zoom</p> <p>2pm - 3pm</p> <p>Art Space</p> <p>The Art Room can be booked during Open Access</p>	<p>Nature in Mind</p> <p>Check out the monthly emails or the poster in reception for more details and dates of the walks. Also see more details on page 15</p>
<p>Hearing Voices Group</p> <p>These sessions run in blocks</p> <p>Contact the Hub for dates</p> <p>1.30pm - 2.30pm</p>	<p>We also facilitate cinema trips and a Discussion Group, please contact Mark for details.</p>	<p>To find out more about groups, changes and cancellations please see the email bulletins or you can phone 01273 565 049</p>

Lunch at the Hub...



Café Opening Hours

The café is open every day from 11:15am to 2.00pm and lunch is served around 12:15pm.

To book a lunch call reception on 01273 565 049.

We also have hot and cold drinks, and packs of biscuits (and sometimes cakes and fruit) on sale too.

Online Zoom Groups

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

On Zoom

Monday Qigong with Claudia 11am

Wednesday Ali's Art & Craft 11 am

Thursday Yoga with Tammy, 3.15pm

Friday Shiatsu Self Care Group with Claire, 2pm

Saturday Yoga with Tammy, 12noon

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 where concerns for safety may need to be raised)

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, printing, papier mâché, or bring your own craft projects to work on with others.

Mend it or make it

Come along with your project to mend or make. We'll be sewing on buttons, darning holes, patching jeans, anything to refresh items in your wardrobe that may be in need of repair! Hide your repair or practice visible mending- an on trend way to look after the clothes we love. You can also bring along other sewing, knitting or crochet projects that you may be doing, a chance to share ideas and skills.

Book via reception.

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.



Mindfulness Colouring and Accessible Mindfulness 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.

We also have sessions on the ground floor for accessibility , please ask when booking.



Wellbeing, Movement and Physical Health

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

Qigong with Claire

'Qigong is an ancient eastern exercise art form. It promotes healing and health through mind, body development. Using gentle rhythmical movement to encourage your Ki (chi) and imagination to flow; entwining yourself within nature. These classes also explore: breath work, vibrational chanting and meditation, while building core strength, flexibility, balance, endurance and autoimmunity.'



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

Tai chi with Laura

Gentle coordinated stretching and movements.

Wellbeing, Movement and Physical Health

Nature in Mind Group

Once a month we will be heading out for a mindful walk in one of the beautiful green spaces around Brighton and Hove. There we will slow down, ground ourselves and allow fresh air and the natural world to calm our minds and senses.



Our first walk in 2024 took us to Cuckmere Haven and Friston Forest (above) where we admired the meandering river, spotted the Litlington White Horse and were treated to a show by a European Green Woodpecker. We hope future walks in bluebell woods and the Sussex downs will be just as eventful!



The walks will normally be around two hours / four miles long, with some routes including more challenging, hilly sections. All attending need to be confident walking this distance, and to have joined either a Monday Walk & Talk group or a previous Nature in Mind walk before.



Body and Mind with Glenn (Cornerstone, Hove)

A weekly stress busting stretch and relaxation session. For all levels covering basic stretching techniques and relaxation exercises.



Fitness with Max

Aerobic exercise to music, for all levels, use of weights, in the The Wellbeing Hub ground floor lounges and sometimes in the gardens.



Swimming

Regular group visiting local pools, with Cathy and Abbie, for more info contact reception

Wellbeing, Movement and Physical Health

Self-care Shiatsu Care with Claire (Group)

Spend an hour connecting with your Ki or 'Life Energy'. Expand your breath and your horizons. These Ki-full & peaceful exercises help to keep the body subtle, strengthen muscles & bones, increase anti-bodies, and help overall wellness.

Shiatsu Hands-on, fully clothed, Japanese body work Therapy, one-to-one with Claire

Tuesday afternoons, 30 - minute sessions, book in at reception.

There is a small charge for treatments.

Wear well covering comfy clothing, including clean socks.

Shiatsu is a hands-on therapy, connecting with our life-energy (Ki). It supports and strengthens our body's natural ability to heal and balance itself. It is a deeply relaxing experience. Regular sessions can alleviate stress and illness; maintaining health and our sense of well - being. Shiatsu means 'finger pressure' in Japanese. Normally working on a floor level 'futon mat', seated Shiatsu also available.

Craniosacral therapy with Zoe (limited space course)

Craniosacral Therapy is an exceptionally gentle yet profoundly potent hands-on therapy to assist the body's natural ability to heal itself, an ability which can become overwhelmed by the impact of stress and trauma.

Using light touch, Zoë engages with the nervous system, fascia, membranes and cerebrospinal fluid, enabling the system to release tension and any physical, mental or emotional trauma held there.

Being so gentle, Craniosacral therapy is suitable for people of all ages, from new-born babies to the elderly.

*Up to 6x sessions offered but the waiting list can be a long wait.

Connection and movement

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.



Singing for Fun

Every fortnight come and warm up your vocal chords, have fun, laugh and sing with Ali as we do fun warm ups, learn simple rounds and harmonies together and then go on to do some karaoke style singing of pop songs (using words on a screen). No prior singing experience or skill necessary. Just a willingness to sing together!

Dancing for Fun

Light-hearted fun informal dance workout session with Ali, follow my leader style. Boost body confidence and learn new moves to an eclectic range of music!



Skill

Beginners Computer Tuition

1:1 support to learn the basics of accessing the internet and get tips on how to stay safe online.

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 details on joining the group OR you can speak to Mark and Jan directly.

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 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



Games Group

A small, friendly group that play a range of games such as charades, Cranium and Uno.

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

01273 405 800



The Wellbeing Hub at Preston Park

18 Preston Park Avenue

Brighton BN1 6HL

Tel: 01273 565 049

Wellbeinghub.Booking@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)**



Southdown