

Sanctuary CMHS - Newsletter.

Rethink
Mental
Illness.

11/05/2022

Issue no. 1

Welcome to our new service.

As from today 11/05/22, our Enablement Service is officially changing to Sanctuary Community Mental Health Service.

Here at Rethink we want to provide the best possible service to all of our valued clients, making sure you are all receiving the best support.

As part of this new service we would like to start updating clients monthly via a newsletter, which will provide any changes to the service, job/volunteer opportunities, activity timetables and much more.

Sanctuary Community Mental Health Service prides itself on communication and working closely with each client. We hope that each and every one of you finds this newsletter helpful.

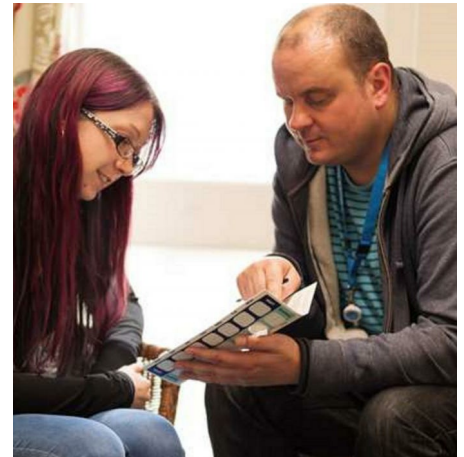
As today is our Sanctuary CMHS launch day, we wanted our first newsletter to also launch on this special day. After today all newsletters will be updated and sent out the 1st of every month.

From when you are referred into our service we should have your email on the referral form, however we know this is not the case for everyone.

If you would like to receive our monthly newsletter please email us with your name stating you would like to receive the newsletter enablement@rethink.org.

This will then be sent straight to your email monthly to keep you all updated with our service.

Before we carry on with all the new information, as a service we want to thank you all for your continued support. We hope you value us as much as we all value you.



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Sanctuary Community Mental Health Service.

Our service provides targeted goal-based support to help individuals manage their mental health independently. The service also offers a network of peer led support groups. Our dedicated team provide a flexible and personalised approach to recovery.

We offer On-to-One targeted support, SafeSpace Sessions, Coffee & Cope Groups, Perinatal Support, Signposting Information, Peer Support Groups, Tailored Workshops, Volunteering/Peer Support Opportunities.

What we do.

Here are some of the services, groups and workshops we offer.

One-to-One Targeted Goal Focused Support means staff will support you to take the manageable and practical steps to help you achieve any goals you want to achieve. Your allocated Mental Health Worker will work with you to make an action plan and empower you to take control of your goals. Enabling you to manage your mental health independently.

SafeSpace is a place where you can meet in a small, comfortable environment with people who may be experiencing the same issues as you. You can be assured that a staff member is present, you will be made to feel comfortable to express your feelings and build confidence.

Coffee & Cope/Peer Support Groups are relaxed, informal peer led groups held in various venues across the Walsall borough. The groups focus on meeting, sharing knowledge and support.

Mental Health & Wellbeing Workshops are a range of workshops offered. Which focus on improving your mental health and wellbeing. Supporting you to develop a greater understanding using a variety of mindfulness techniques. Staff can help with coping strategies which will give you the skills to make positive wellbeing choices.

The Sanctuary, 1 Queens Parade, Bloxwich, Walsall, WS3 2EX.

To enquire or for more information please call 01922 494 479.

List of Partnerships

Black Country 24/7 Urgent Mental Health Helpline
Black Country Healthcare NHS Foundation Trust
Brownhills Community Centre
CGL Walsall The Beacon
Citizens Advice Sandwell & Walsall
Crisis Pregnancy Counselling
Early Access Service
Early Intervention in Psychosis Service
Enablement & Recovery Team
Frank F Harrison Community Association
Healthwatch Walsall
IPRS Health
Let's Talk
Mind Kind
Older Adults Enhanced Community Mental Health Team
Old Peoples Hall
One Walsall
Recovery College
Ryecroft Community Hub
Sanctuary Hub
Street Teams
The Swing
Walsall Bereavement Support Service
Walsall Black Sisters Collective
Walsall Carers
Walsall Creative Factory
Walsall Talking Therapies
West Midlands Police
WFCCP
WPH Counselling & Education
Women's Outreach



No Wrong Door

No Wrong Door is a partnership of service providers. This means multiple services that offer support for mental health and wellbeing can be accessed through this service.

Once a referral form has been completed and sent to the No Wrong Door administrator it will then be processed and the individual will be contacted directly by the services they have been referred to.

The best thing about No Wrong Door is that you only have to tell your story once and this will be sent to the other services you require, so you will not need to repeat your story or fill in multiple forms.

No Wrong Door covers Mental Health, Substance Misuse, Bereavement Counselling, Young People Support, Older People's Support, Financial Support, Supplementary Services, Women's Support, Offending and Befriending Services.

If you would like to know more or are interested in a referral please call 0808 802 2288 or email walsallnowrongdoor@rethink.org

What we offer.

The Sanctuary Hub is a safe place where you can access support outside of usual mental health service hours.

Our aim is to provide:

- To support the individual providing support and guidance on associated concerns.
- To empower the individual to attain a quality of life based on a positive sense of personal identity, personal needs, aspirations, inclusion, integration, informed choice and opportunities.
- To reduce signs, symptoms and distress caused by mental illness.
- To improve the individual's mental and physical health and self-management.
- To develop the individual's strengths and functioning in all aspects of life including holding and managing responsibilities at time of crisis.
- To assist the individual, build on positive relationships with others dear to them, and develop a support network close to home.
- To protect the individual from avoidable admissions to acute mental health and general health in-patient services and Emergency Department.



Sanctuary Hub

Feeling unable to cope, lonely or isolated? If you are feeling overwhelmed and distressed not knowing where to turn to get mental health support, Drop-in or book an appointment with The Sanctuary Hub.

The Sanctuary, 1 Queens Parade, Bloxwich, Walsall, WS3 2EX

To book an appointment call our freephone 0800 008 6516.

The Sanctuary Hub also runs groups for anyone to attend, these groups include;

*LGBTQ+ Group, Wednesday's 6pm - 7:30pm

*Arts & Crafts, Saturday's 3pm - 4:30pm

*Coffee & Cope, Sunday's 12pm - 1:30pm

*Relax & Renew, Sunday's 2pm - 3:30pm

All groups are held at The Sanctuary Hub.



Black Country 24/7 Mental Health Helpline.

Here at Rethink we value communication, the importance to speak freely and gain that extra support you need.

Here is why it is beneficial to talk about your feelings

- * Your feelings are important.
- * Talking about your feelings allows you to acknowledge them.
- * Talking about your feelings can help you to feel relieved.
- * Talking about your feelings allows you to receive support from those you share them with.
- * Talking about your feelings allows you to take control of them.



We want everyone to feel comfortable, valued and important. The 24/7 Helpline is here to listen and support you.

This telephone-based service is free, open 365 days of the year and no referral is required. You can call the 24/7 helpline if you live in one of the following areas or have a GP in these locations.

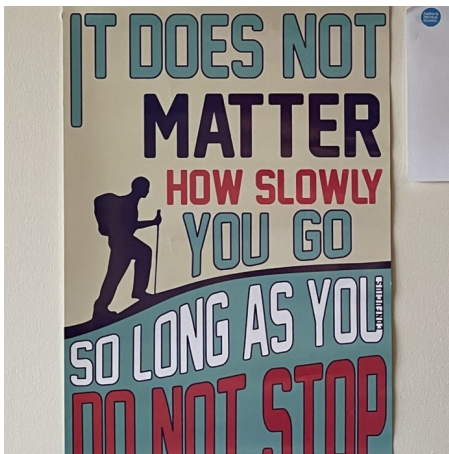


Dudley, Sandwell, Walsall or Wolverhampton.

The Black Country Helpline is accredited by the helpline standards.

The Helpline is open access for people of all ages.

We provide immediate access to advice, emotional support, triage, referrals and signposting. We provide emotional support to callers in distress, in need of reassurance or at those times when people need to be listened to.



The service is confidential, however, should you tell us that you need urgent emergency help we may need to pass your details onto the emergency services.

Calls to our number are free from landlines and mobile phones. Our number will not show on your bill.

If English is not your first language we can arrange to speak to you in your own language through an interpreter.

Freephone - 0800 008 6516
Text Phone - 07860 025 281



Dudley Carers Support Service

Dudley Carers Support Service has been relaunched as the pandemic had affected all aspects of the service. This service is accessible for all carers 18 and over and living in the Dudley area. Support is needed as being a carer can be very stressful and can have a negative impact on their mental health.



The service is based at DY1 Community Centre Dudley. We will be offering face to face one to one emotional support, helping carers cope with all aspects of their caring role. We will provide information on all topics related to mental health and coping strategies they can use.

We will be facilitating groups and activities giving carers the chance of a break from being a carer and to meet people in the same situation, sharing experiences of mental health and wellbeing.

The service will be available out of usual support hours.



To refer into the service or for more information about the service contact Sue Carless: telephone number 07407732082 or email sue.carless@rethink.org



Activities we offer.

Monday's -

Craft Group, 11am - 12:30am at The Sanctuary
SafeSpace, 1pm - 2pm at The Sanctuary.

Tuesday's -

Walk & Talk, 11am - 12pm at Walsall Arboretum
(meet at the cafe)

Wednesday's -

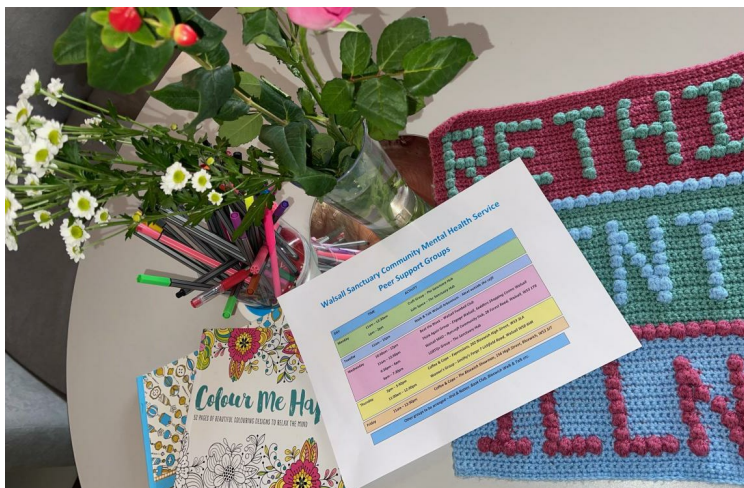
Beat The Block, 10:30am - 12pm at Walsall
Football Club.
Think Again Group, 11am - 12:30pm at Walsall
Saddlers Shopping Centre.
Walsall MAD, 4:30pm - 6pm at Ryecroft Community
Hub.
LGBTQ+ Group, 6pm - 7:30pm at The Sanctuary
Hub.

Thursday's -

Women's Group, 11am - 12:30pm at Smithy's
Forge Brownhills.
Coffee & Cope, 2pm - 3:30pm at Expressions
Bloxwich

Friday's -

Coffee & Cope, 11am - 12:30pm at Wetherspoons
The Showman, Bloxwich.



Walsall Sanctuary Community Mental Health Service Activities.

We offer a range of various groups and activities here at The Sanctuary and various locations in local areas. Fun activities can help improve your mood and well being and mental health by reducing anxiety, depression and negative mood, by improving self-esteem and cognitive function. Activities have also been found to help low self-esteem and social withdrawal.

We want everyone to feel comfortable and enjoy our groups and activities, which are led by peer support or staff. If you are looking to gain confidence, have a chat, meet people or even to take up a new hobby, come along and join us for our activities and groups. We are always interested in new group ideas and here at Rethink we like to evolve, so If you have any thoughts or ideas please feel free to let us know. You can do this by speaking to a member of staff, phoning us on 01922 494479 or even emailing our administrator chelsey.reade@rethink.org

Groups and Activities

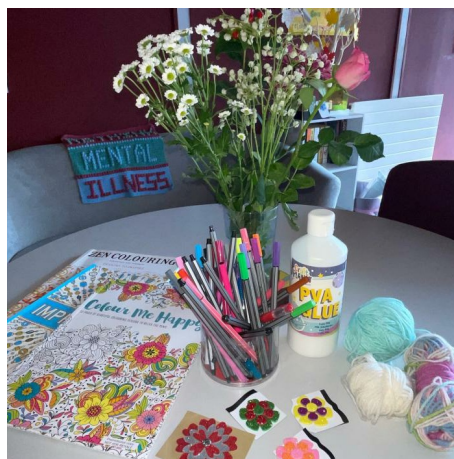
SafeSpace

Are you struggling with social isolation? SafeSpace is a place where you can meet in a small, comfortable environment with various people. You can be assured that a staff member is present, you will be made to feel comfortable to express your feelings and build confidence.



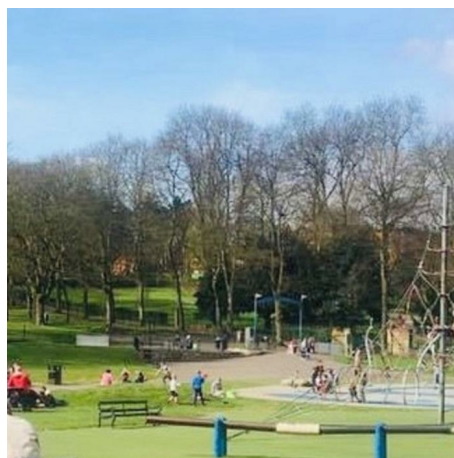
Arts and Crafts

It doesn't matter if you are a natural born artist or have never picked up a paint brush before, we are sure you will enjoy our friendly and fun Arts and Crafts group. We also provide all the various creative tools you need to express yourself. This group is the perfect way to unwind, have fun, get creative and meet people.



Walk and Talk

Why not look after your mental and physical health at the same time? Join our Walk & Talk around Walsall's Arboretum, where we meet at the café and then walk around the scenic route. Here you can express your feelings whilst also enjoying some fresh air and nice surroundings, improving both your mental and physical health. It is also scientifically proven that physical exercise, especially being out in the fresh air can have a positive affect on your mental health.



Beat The Block

Do you have a love for football or want to start a new hobby? Walsall FC Community Programme have started a 'Beat the Block' football session at the Banks's Stadium, focused on promoting positive mental health and wellbeing. Supported by National Lottery Community Fund, 'Beat the Block' is a one-hour football session on the stadium Astro Turf followed by a 30 minute social. This is an amazing group activity that really does bring people close together and allows you to have fun.



Groups and Activities



LGBTQ+ Group

Here at Rethink we pride ourselves on believing in equality and we wanted to create a group which was fun, engaging, supportive and made every individual feel welcomed. Our LGBTQ+ group is so much fun and loved by everyone that attends, including staff.



Coffee & Cope

Our Coffee & Cope groups are held at various locations, this is the perfect group to have a chat, a cuppa and unwind. We understand it isn't the easiest to open up to people so we wanted to create a group in a more informal comfortable setting, where everyone can enjoy each others company and a nice drink to go along with it.



Think Again

This group is run solely by one of our hard working volunteers. Think again provides a great support network for everyone that attends. If you are looking for a informal, fun, supportive group where you can meet people and have a chat this is defiantly the group for you.



Walsall MAD

Men's mental health is just as important and its time we break down the stigma around this! Walsall MAD is a men's support group, helping to deal with anxiety, depression and allow men to express how they feel in a safe, comforting and supportive setting.

Meet Our Sanctuary Community Mental Health Service Staff

Lindsey - Contracts Manager of Sanctuary CMHS Walsall, Sanctuary Hub Walsall & Dudley and 24/7 Helpline.

Karen - Team Leader and Community Mental Health Worker - Sanctuary CMHS Walsall

Martin - Community Mental Health Worker - Sanctuary CMHS Walsall

Yvonne - Community Mental Health Worker - Sanctuary CMHS Walsall

Chelsey - Mental Health Administrator - Sanctuary CMHS Walsall and No Wrong Door Walsall



Our Volunteers

At Walsall Sanctuary we have 10 volunteers, who each take their time to help run peer led groups, handle the reception desk on a Wednesday and much more.

When attending any one of our groups and activities you can be sure to find a volunteer present.

All of our volunteers work hard, engage well and are reliable and valued by the company, team and clients.

Here are a few words from one of our volunteers -

" I have been a volunteer for Rethink for a number of years now and am so glad I can give back in some way for all the support I received myself when I needed help. Being able to be a part of helping others using my life experiences is amazing. I hope I will be able to continue to work with Rethink for many years to come. Rachel "



When No Wrong Door Launched

On the 7th February 2022, our newest service launched, No Wrong Door.

Most of you probably attended this amazing launch day so thank you!

All of the staff worked incredibly hard to get this new service up and running and even organising the launch day which was incredibly successful.



It was great to see so many organisations and clients interested in this new service, but most importantly wanting to show their support for us as a organisation, which is truly appreciated by everyone here at Rethink.

We had many people attend, gathering information, engaging with new people and learning more about this new service.

The Thrive Bus who is a partner of the No Wrong Door parked outside our building for the launch day to also help promote our new service and also theirs which is a great source for anyone who is out and about and needs a chat.



We even had a local legendary retired footballer Kenny Mower pop by to show his support to our service.

The atmosphere was absolutely brilliant and we truly hope our Sanctuary Community Mental Health Service launch day is just as successful.

Sanctuary CMHS launch day will be Wednesday 11th May, the same day our first issue of our newsletter is published, so keep a look out for next months newsletter with all the information and pictures of the Sanctuary CMHS launch day!

To your left you will see some of the photos from No Wrong Door launch day.

Thank you again to everyone that made it possible, all of your efforts are appreciated by the whole team.



Friends & Family Comments.

Here are some friends & family comments we have had regarding our service.

"They have been the only people to help after what I have been through private and NHS fantastic best ever x"

"The Sanctuary is a safe place for me."

"The enablement staff truly care and want recovery for everyone. I can trust them"

"There are some lovely people who work there."

"This helpline has offered me a lifeline and has given me hope when there was none."

"Never lose hope! Rethink taught me this."

"It was lovely to come into the Walsall Sanctuary and speak with like-minded people who do not judge."

"I am much happier in myself since I have been coming to the Sanctuary. I have met a lot of lovely people, which has made me feel great, and I am once again feeling my old self again"

"Listened and provided the support I needed and different contacts I could try. Non judgemental and friendly helpers"

Do you have feedback on one of our services ? If so, please complete our Friends & Family Test which takes a few minutes to complete by visiting this link – www.rethink.org/ff



The Sanctuary
1 Queens Parade
Bloxwich
Walsall
WS3 2EX
01922 494 479

Rethink.org

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