

[Southdown's East Sussex Mental Health Services](#) support people to get well, stay well & prevent crisis. All services are free and open to anyone aged 18 or over (some services can be accessed by young people aged 16 or over), eligibility and accessibility vary between each service.



# Southdown E- Zine, December 2020

## How do I motivate myself to get motivated?

...this will be what many of us are asking ourselves in the lead up to 2021!

Throughout 2020 we have faced a global pandemic; we've experienced national lockdowns, public health safety measures and huge amounts of change and uncertainty. No wonder we may be feeling demotivated!

Even with all this uncertainty and change one thing remains; hope. We are on the verge of a new year. A new beginning. A chance for us to embrace new habits and set new goals.

As an Involvement Specialist for the People in Partnership project, I have the privilege to work alongside those with lived experience of mental health issues. As a result of this I'm able to gain insight into the needs of the community and have recognised that there is an underlying sense of demotivation as we head into the New Year.

Fortunately, there are things we can all do to reignite our inner fire so we're ready to reboot in January – here's a few ideas:

- Break tasks down into smaller chunks
- Write down every good thing that happens in your day
- Give yourself credit for the small things you do – try to do 3 small things every day and praise yourself for it
- Make time, for 'me time' – look after yourself and spend time doing things you like and enjoy
- Be gentle with yourself; this is a difficult time and it's 'ok not to be okay' - reach out for support if you need it
- Remain present in this moment (practising meditation or mindfulness can help) – don't think about this evening or tomorrow, what's happening for you right at this moment; how are you feeling?
- Seek out self-help tools and activities you can get involved in- [The East Sussex Community Information Service \(ESCIS\)](#) have an abundance of information on community organisations, clubs and societies that you might like to get involved in

The Mental Health Foundation also have a dedicated webpage for advice on motivation which can be found [here](#).

[The Wellness Society](#) offer self-help, therapy and coaching tools and have developed [The Coronavirus Anxiety Workbook](#) which may help individuals to develop resilience. Please feel free to share, use and distribute.

### In this edition:

- ❖ What is peer support?
- ❖ A message from the Staying Well team
- ❖ Moving forward for Young People and Mental Health
- ❖ What not to do when you're struggling

Creating routine and setting goals can also help combat demotivation. [Action for Happiness](#) has monthly calendars where you can find inspiration and ideas on actions you can take to help create a happier and kinder world. Check them out [here](#).

In the face of adversity we've all shown courage, solidarity and determination - this is certainly something to be proud of! In 2021 I'd like to be a part of continuing acts of kindness and compassion in our community...what would you like to see?

Catherine Lulham (Involvement Specialist, People in Partnership)

People in Partnership works to improve the design and development of mental health provision across East Sussex. To find out more: [Website](#) / [Facebook](#) / [Twitter](#) or contact us on 01323 340151 / [peopleinpartnership@southdown.org](mailto:peopleinpartnership@southdown.org)

'What not to do when you are struggling with your mental health and wellbeing'

'Even though support is remote, we can still make a difference to people's recovery and quality of life'



Newhaven Wellbeing Centre Recovery Worker, Jess, talks us through what not to do, to look after our mental health and wellbeing

Recovery Worker, Sarah, explains why she thinks Southdown Wellbeing Centres are important and how she and her team are supporting community mental health and wellbeing.

[Watch the video here](#)

[Read more](#)

What is Peer Support?

Moving Forward for Young People & Mental Health



Peer support specialist, Chenielle, describes Peer Support and how experiences are used to help others.

This Autumn, People in Partnership asked the East Sussex community to share their experiences of mental health and wellbeing support for young people.

[Read More](#)

[Read More](#)

# A message from Staying Well...

[Staying Well](#) is Southdown's out-of-hours mental health crisis prevention service, provided at the St Leonards-On-Sea, and Eastbourne Wellbeing Centres.

The service provides recovery-focused support, to help you manage your mental health, stay well and prevent crisis. Team manager, Judy, shares a special message to our readers this December:

*'Our Staying Well service will be open throughout the festive period and our staff will be more than happy to support you. We appreciate this time of year can be difficult and this year we are faced with the added concern of Coronavirus. If you feel there is something you need to talk through with one of our team members then please get in touch.'*

Making a decision to reach out can be tough but you deserve to get the support you need, not just at Christmas but any time of the year'.

[Mind](#) also have a dedicated page that provides tips to help you cope this Christmas: [Christmas and Coronavirus](#).

A graphic with a blue background and falling snow. At the top right is the Southdown Mental Health logo. The main text is centered and reads: 'Staying Well Festive Period Opening Times'. Below this, it says 'You can contacting Staying Well by phone or email and the details are as follows:-'. Contact details are listed: Phone - 0800 023 6475; Email - [stayingwell.eastbourne@southdown.org](mailto:stayingwell.eastbourne@southdown.org) or [stayingwell.hastings@southdown.org](mailto:stayingwell.hastings@southdown.org). It then says 'Please find below a rundown of the opening times for Staying Well over the festive period...'. A table of dates and times follows, with two columns. At the bottom, there is a row of snow globes with snow globes inside, each wearing a different winter hat and scarf.

Thursday 24 <sup>th</sup> December - 4pm - 10:30pm	Thursday 31 <sup>st</sup> December - 4pm - 10:30pm
Friday 25 <sup>th</sup> December - 4pm - 8pm	Friday 1 <sup>st</sup> January - 4pm - 8pm
Saturday 26 <sup>th</sup> December - 3pm - 10:30pm	Saturday 2 <sup>nd</sup> January - 3pm - 10:30pm
Sunday 27 <sup>th</sup> December - 3pm - 10:30pm	Sunday 3 <sup>rd</sup> January - 3pm - 10:30pm
Monday 28 <sup>th</sup> December - 4pm - 8pm	Monday 4 <sup>th</sup> January - 4pm - 10:30pm
Tuesday 29 <sup>th</sup> December - 4pm - 10:30pm	
Wednesday 30 <sup>th</sup> December - 4pm - 10:30pm	

**New Brighton & Hove Staying Well service:** 'We are really pleased to announce that we will be opening 'Staying Well Brighton and Hove' on Monday 14<sup>th</sup> December. Our website will be updated with information regarding the new service shortly'. Please email:

[stayingwell.brighton@southdown.org](mailto:stayingwell.brighton@southdown.org), for further information.

For the latest information on the East Sussex Staying Well service, please call 0800 023 647, email: [stayingwell.eastbourne@southdown.org](mailto:stayingwell.eastbourne@southdown.org) / [stayingwell.hastings@southdown.org](mailto:stayingwell.hastings@southdown.org) or visit their website: <https://www.southdown.org/StayingWellSpaceESCN>

## News in Brief

- ❖ ['Let's Talk Men's Mental Health!'](#) - In support of Men's Mental Health month this November, People in Partnership created a Padlet full of useful information, tips and advice for looking after your mental health and wellbeing.
- ❖ [Heads Together](#) provides tips for looking after your mental health this Christmas – 'Christmas can be a time for celebration, but it can also be challenging for those going through difficult times. Whatever this festive period means to you, it's important that everyone feels able to manage their mental health throughout the holidays'. [Find out more here.](#)
- ❖ Find out how *IT For You* can offer 1:1 support to help you access online services and support – 'Everyone on our team remembers what it's like not to know how to use a computer; what it's like to be afraid of pressing the wrong key. And that informs everything we do' (Phil Lanham). [Find out more here.](#)
- ❖ If you or someone you know is experiencing domestic abuse, there is help available through *The Portal*: Freephone 0300 323 9985 / email: [info@theportal.org.uk](mailto:info@theportal.org.uk). Visit their website [here](#) for further information.
- ❖ *East Sussex Veterans Hub* provide non-medical support for veterans of HM Forces, specifically addressing PTSD and/or mental ill-health. To find out more, please visit their website [here](#).
- ❖ [Adfam](#) is a national charity working to improve life for families affected by drugs and alcohol. They want anyone affected by someone else's drug or alcohol use to have the chance to benefit from healthy relationships, be part of a loving and supportive family, and enjoy good mental and physical wellbeing.
- ❖ If you or someone you know is worried about money or debt this Christmas there is confidential advice and information available. This service is also open to those who have mental health challenges. Call 0333 344 0681 / email: [benefits@eastsussex@harcuk.com](mailto:benefits@eastsussex@harcuk.com)
- ❖ With so much uncertainty; it's entirely normal for your child to be finding things difficult (and for you to be unsure how best to look after their mental health and wellbeing, as well as your own!). Find out how you can support your young person's mental health through *Young Minds* [here](#). If you or someone you know needs additional support please call the *Young Minds* Parents Helpline for free on 0808 802 5544 (9:30am to 4pm, Monday - Friday)
- ❖ [The Samaritans](#) are available for anyone who needs support 7 days a week, 365 days of the year. Call 116 123
- ❖ If you are a young person experiencing a mental health crisis, you can text the [Young Minds Crisis Messenger](#) for free 24/7 support – text YM to 85258.
- ❖ The [East Sussex Mental Health Directory](#) have links to specific resources and tips on how we can all manage our own mental health and wellbeing. Mental health issues are common and treatable - the sooner you seek help, the better.
- ❖ [Community hubs](#) are the contact point for residents of East Sussex to turn to if they feel they need extra help in coping with the effects of coronavirus and/ or know someone else who needs help.

From us all, here at Southdown's East Sussex Mental Health Recovery services; we wish you a very Merry Christmas and Happy New Year!