



pathfinder  
west sussex

# Pathfinder News

Newsletter for Pathfinder West Sussex, our partners and service users, keeping you up-to-date with developments across the alliance

August 2020

It goes without saying that the Covid-19 pandemic has had an acute impact on all Pathfinder West Sussex services since March. Groups have gone online - who knew what Zoom was in February? - and one-to-ones are now on the phone, not face to face.

With the easing of lockdown in England, uncertainty remains. But what is certain is that service users right across the Pathfinder West Sussex alliance have been helped by the way our services have adapted. People in need of mental health support remain supported. And the number is likely to grow.

National mental health charity Mind recently ran a survey about the impact of the pandemic on mental health. They received 16,338 responses. Of these, 60% of adults and 68% of young people said their mental health got worse during lockdown. And that is without taking into consideration people suffering from issues such as anxiety and depression for the first time, as a result of the pandemic.

So while Pathfinder West Sussex services have helped many people over the last few months, we're likely to see demand increasing as our community adjusts to the 'new normal' of blended services.



Photo credit: James Brown Photography

# New campaigns and services

## Suicide prevention in men

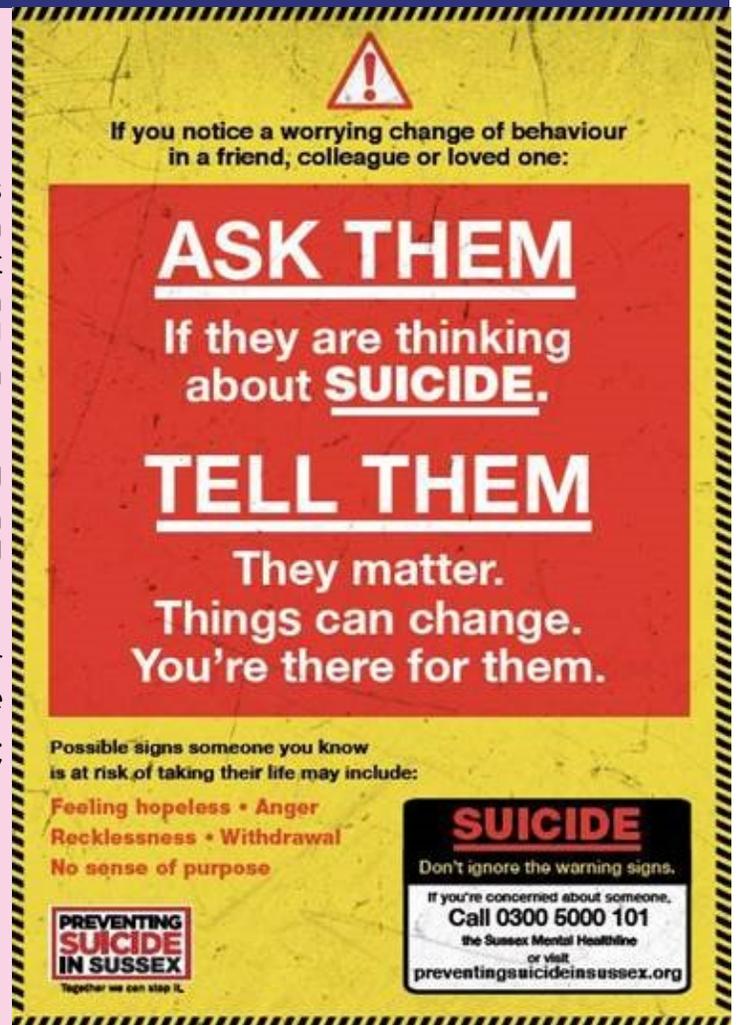
The Warning Signs campaign was launched earlier this year, coinciding with Mental Health Awareness Week. Aimed at preventing suicide in men, the campaign aims to reach them - and those around them (family, friends, work mates, team mates etc) - directly.

Warning Signs has been developed alongside and in consultation with men and their families who have experienced suicide, or suicidal behaviour.

If you are suffering suicidal thoughts, or suspect someone you know is, phone the Sussex Mental Healthline on 0300 5000 101. The helpline is available 24hrs a day, 7 days a week.

Campaign details:

<https://www.preventingsuicideinsussex.org/>



The poster features a yellow background with a black and white hazard border. At the top is a warning triangle icon. Below it, the text reads: "If you notice a worrying change of behaviour in a friend, colleague or loved one:". The main message is on a red background: "ASK THEM" and "TELL THEM" in large white letters, followed by "If they are thinking about SUICIDE." and "They matter. Things can change. You're there for them." Below the red box, it lists "Possible signs someone you know is at risk of taking their life may include:" followed by "Feeling hopeless • Anger", "Recklessness • Withdrawal", and "No sense of purpose". At the bottom left is the "PREVENTING SUICIDE IN SUSSEX" logo with the tagline "Together we can stop it.". At the bottom right is a black box with "SUICIDE" in red, "Don't ignore the warning signs.", and "Call 0300 5000 101 the Sussex Mental Healthline or visit preventingsuicideinsussex.org".

## Staying Well crisis support

The West Sussex Mind Staying Well service is open for professional referrals from Sussex Partnership Foundation Trust and other Pathfinder members. Crisis prevention support is currently being offered by phone and via online video calls and groups. When government guidelines allow, it will be run from a safe space in the centre of Worthing.

Staying Well is available in evenings and at weekends for people in need of extra support to prevent them going into crisis. It is for anyone over 18, who lives in

West Sussex and is struggling to cope out of hours. Anyone referred to Staying Well will receive a call from one of our workers who will discuss what support is needed and get consent from the person to find out more about them.

The service is open seven days a week: Monday to Friday, 6pm to 11pm and Saturday and Sunday, 12.30pm to 11pm.

For more details, including the referral pathway, please go to

[https://www.westsussexmind.org/help\\_and\\_support/getting-help/about-our-services/our-crisis-prevention-service-staying-well](https://www.westsussexmind.org/help_and_support/getting-help/about-our-services/our-crisis-prevention-service-staying-well)

# Noticeboard

The Pathfinder West Sussex website is updated weekly to reflect what is happening across all Pathfinder alliance member services. Check in regularly to find new resources, news updates, blogs and other helpful links.

[www.pathfinderwestsussex.org.uk](http://www.pathfinderwestsussex.org.uk)



## 5 Ways to Wellbeing

A six session remote face to face course designed to support you in feeling confident making a transition from NHS mental health services to community based services such as Sussex Oakleaf and Richmond Fellowship, despite the restrictions of the current situation.

The course will support you to:

- Identify your wellbeing needs
- Learn the 5 Ways to Wellbeing
- Develop a self-management plan
- Meet staff from local community services
- Join community based services



By referral - Please discuss with your Lead Practitioner or Key worker if you feel this group could be helpful to you

Sussex Partnership NHS Foundation Trust



**AT HOME  
SHOULDN'T  
MEAN AT RISK  
OF DOMESTIC ABUSE**  
**#YOUARENOTALONE**



If you are controlled or physically, sexually, economically or emotionally abused by a partner, ex-partner or family member, this is domestic abuse. Household isolation rules do not apply.

Police and support services remain available.

If you are worried that you, or somebody that you know is experiencing domestic abuse:



WORTH Domestic Abuse Services – There is no excuse for abuse, not now, not ever. You are not alone, we can help. For specialist support, help and advice call 0330 222 8181



If you see something, say something. To report a child safeguarding concern to the MASH (Multi-Agency Safeguarding Hub) call 01403 229900

In an emergency, call 999

If you need to flee your home because of domestic abuse:



The Freephone 24-hour National Domestic Abuse Helpline run by Refuge offers support for women: 0808 2000 247



Find more support online at [www.westsussex.gov.uk/domesticabuse](http://www.westsussex.gov.uk/domesticabuse)



# Sussex Oakleaf merges with BHT

The merger between Pathfinder West Sussex alliance member Sussex Oakleaf and leading housing, support and homelessness charity Brighton Housing Trust (BHT) was successful completed on 1st April 2020.

Both organisations have long histories of providing effective frontline services to those who need it most. The intention is that the merged organisation will support more people and have a greater impact than would have happened had the organisations remained apart.

Andy Winter, Chief Executive of BHT, is staying on to lead the newly-merged organisation. He said:

“We are truly excited for the opportunities that this merger will bring, not just to the development of the two organisations but more importantly to the people who we support and who we will be able to support going forward.

“Sussex Oakleaf has been providing a range of well-respected mental health services for more than 25 years and we are delighted that their knowledge, skills and resources will be combined with those of BHT so that we may be able to better promote positive change within the communities in which we operate.

“Day to day delivery of services remain unchanged as a result of the merger, although coronavirus is having some impact on service delivery. Service users, residents and tenants will continue to receive the same support and be able to rely on the contact details and websites they are used to.”

The newly merged organisation will now provide its services across an area that reaches from Crawley and Horsham in the north of Sussex down to Brighton in the south and across the coast as far as Hastings in the east.



Photo credit: Annie Spratt

Services include one to one and group support for those struggling with their mental health, addictions or homelessness, specialist housing services and supported accommodation, and advice services in Brighton, Eastbourne and Hastings.

# Changes at SPFT and Stonepillow fundraiser

The Pathfinder clinical service team has seen some changes in staff in the last few weeks. Newly-appointed as Service Manager, Jenny Edge welcomed the changes as “really positive”. She has recently been joined by Patricia Mendes, a fellow occupational therapist as Team Leader supporting the team across West Sussex.

“I am also delighted to introduce Louise Martin who joined our Pathfinder clinical service team as clinician for Horsham last week. Louise is a nurse by training and will be bringing with her a great deal of experience of working within a variety of mental health settings. She is also very familiar with the Horsham locality having previously worked there.”

There are now nine clinicians working across West Sussex

Fiona Adkins (OT) – Crawley

Alan Jones (Nurse) - Mid-Sussex

Leanne Hill (OT) - Mid-Sussex (on maternity leave)

Louise Martin (Nurse) – Horsham

Emma Lewington (Nurse) - Shoreham/Worthing

Carrie Marks (Nurse) - Worthing/Littlehampton

Suzanne Cumming (OT) – Bognor

Mairead Blessington (OT)- Chichester/Midhurst

Daniel Mitchener (OT) - Pathfinder Primary Care Worthing/Bognor



Jenny Edge

## Emergency contact numbers:

**The Samaritans: 116 123**

**Sussex Mental Healthline: 0300 5000 101**

**NHS help: 111**



Stonepillow's annual fundraiser, the Big Sleep out became Little Big Sleep Out at Home during the lockdown this year.

Over 550 people slept in baths, wheelbarrows, sheds and cardboard shelters, on trampolines and snooker tables, raising over £13,000 in the process.

# Healthwatch West Sussex needs your insight

## What is Healthwatch West Sussex?

The independent champion for people who use health and social care services. They use anonymised information given by local people to influence change and help services to make a positive difference for those they support and others.

## What does Healthwatch want from me?

Healthwatch can only engage with West Sussex residents through social media, or by responding to calls and emails via their Helpdesk Hub Team. They rely on insight from community partners to understand the experience of service users, customers and clients.

- ◆ What do you think is working well?
- ◆ Where are the gaps and glitches within the provision and delivery of health and social care services in West Sussex?
- ◆ Is there confusing or contradictory information in relation to COVID 19 or any other health or social care services?
- ◆ Which services or initiatives have adapted well to the pandemic – so that learning isn't lost once the outbreak is over?
- ◆ Any there gaps or barriers to accessing support which could be addressed quickly?

## Will my contribution make a difference?

Yes. Healthwatch will share any changes that occur or useful information they obtain. It will enable Healthwatch to use their statutory powers to influence change and support services to make a positive difference for the West Sussex community.

## How do I get in touch?

Use any of the details below. Phone, email, social media are all good. More information on the Healthwatch West Sussex website.

**#SpeakUp**  
2020

**Caroline Whiteman**  
Raising Awareness Engagement Lead

0300 012 0122  
[www.healthwatchwestsussex.co.uk](http://www.healthwatchwestsussex.co.uk)

**healthwatch**  
West Sussex

@healthwatchwestsussex   
@healthwatchws 

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**Do you know a young person who needs help?**

Get advice and support at

[e-wellbeing.co.uk](https://e-wellbeing.co.uk)



## What is Pathfinder West Sussex?

Pathfinder West Sussex is an alliance of organisations working together to enable people with mental health support needs, and their carers, to improve their mental health and wellbeing.

We provide a pathway of mental health recovery support so people can move freely between services to get well and stay well.

Services are provided in ten areas: Adur, Bognor, Chanctonbury, Chichester, Crawley, Horsham, Littlehampton, Midhurst, Mid Sussex and Worthing.

The four lead providers of Pathfinder services are West Sussex Mind, United Response, Sussex Oakleaf and Richmond Fellowship, the other organisations that make up the alliance with them are CAPITAL Project, Mind in Brighton and Hove, Rethink, Stonepillow, Southdown and NHS Sussex Partnership Foundation Trust (SPFT).