

# Pathfinder News



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

January/February 2021

This edition of Pathfinder News focuses on the positive ways services and their supporters have been adapting to the pandemic.

We take a look at a couple of innovative fundraising initiatives that have taken place in a year that has proved a particular challenge to charities which rely on fundraised income to deliver services.

There's no doubt that engagement with the five ways to well-being has helped a great many people with their mental health as the guidance has changed. 59% of 4251 UK adults surveyed by the Mental Health Foundation in late August\* said that going for a walk outside had helped them to deal with stress, and almost half had been helped by connecting with family and friends.

To reflect this, we've included a list of good walking spots throughout West Sussex - all within a half mile of a major town.

\*[www.mentalhealth.org.uk/our-work/research/coronavirus-mental-health-pandemic/key-statistics-wave](http://www.mentalhealth.org.uk/our-work/research/coronavirus-mental-health-pandemic/key-statistics-wave)

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## Skateboarding for West Sussex Mind

With West Sussex Mind's 50th anniversary fundraising impacted by the coronavirus guidelines, supporters have found different and inspiring ways to help the charity.

Charles Mears and his friends undertook a skateboard marathon this autumn, riding the coast road from Worthing to Brighton and back. Along the way they stopped at skate parks to chat to people and raise awareness of mental health.

# Noticeboard

## YouTube channel change

Pathfinder West Sussex videos have a new home on YouTube, and can be found by clicking through from this link:

[Pathfinder West Sussex 2020 - YouTube.](#)

The videos explain how the Pathfinder West Sussex alliance works, and what people can expect from the various service providers.

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 helpful links.

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

## Dates for your diary:

4th February 2021 -Time to Talk Day

The annual anti-stigma event which aims to get people talking about mental health.

More details at: [Time to Talk Day 2021 | Time To Change \(time-to-change.org.uk\)](http://time-to-change.org.uk)

10th-16th May 2021 - Mental Health Awareness Week

Another annual event, this is organised by the Mental Health Foundation. The theme for 2021 is nature and environment, which provides many opportunities for wellbeing activities inside and out.

More details at: [Mental Health Foundation announces nature and the environment as theme for Mental Health Awareness Week 2021 | Mental Health Foundation](#)

# Pathfinder Services

## Pathfinder Midhurst and Chanctonbury

Midhurst and Chanctonbury Pathfinder Services are now being managed by Toni Holloway and the support delivered by one team.

Toni has described how services, which have already adapted to the Impact of coronavirus, reflect the team change:

“At Midhurst and Chanctonbury we have successfully merged our group programmes and are now offering something every day of the week: mindfulness, out and about and walking groups, social drop-ins, a workshop programme, crafts, short courses, crafts and a quiz.

“We are able to offer some of these activities face to face with small numbers at the hall in Midhurst.”

Other than on the bank holidays, Pathfinder Midhurst and Chanctonbury support hours are unchanged over the holiday period.



Homeless charity Stonepillow took to the skies in October for its latest fundraising activity. ‘The Big Leap Out’ saw a team of seven first-time skydivers jump from 10,000 feet (and in one case 15,000 feet).

All the skydivers were Stonepillow residents - living temporarily in one of the charity’s supported properties while on their personal journey to independent living. The team had long-time ambitions to skydive, and also wanted to raise awareness of the charity that had helped them.

The story was covered by BBC South, and can be seen here: [| Highlights of The Big Leap Out \(stonepillow.org.uk\)](https://www.bbc.com/news/health-55888888)

# Winter wellbeing during the pandemic

Lockdown restrictions look set to continue throughout the winter. We've collated this list of links to websites with helpful tips for wellbeing and better mental health, with a particular focus on the pandemic.

The list isn't exhaustive, and if you have any suggestions for other websites and/or organisations to include, please contact [pathfindercomms@westsussexmind.org](mailto:pathfindercomms@westsussexmind.org).

Mental Health Foundation  
[www.mentalhealth.org.uk/coronavirus](http://www.mentalhealth.org.uk/coronavirus)

Every Mind Matters  
[www.nhs.uk/oneyou/every-mind-matters/](http://www.nhs.uk/oneyou/every-mind-matters/)

Mind  
[www.mind.org.uk/information-support/coronavirus/](http://www.mind.org.uk/information-support/coronavirus/)

BBC website  
[www.bbc.co.uk/safety/health/improving-mental-wellbeing](http://www.bbc.co.uk/safety/health/improving-mental-wellbeing)

BBC World Service  
Radio programme *How to Be Happy*  
[Www.bbc.co.uk/programmes/w3cszj4f](http://Www.bbc.co.uk/programmes/w3cszj4f)





# Pathfinder Services

## Pathfinder Adur, Littlehampton and Worthing

Maxine Thomas has become Adur, Littlehampton and Worthing (ALW) Pathfinder Service Manager. Carolyn Soloy and Anita Toze have moved to the team at the Corner House (Adur) and Anna Howarth has joined the Littlehampton team.

Maxine said, "We are working with service users through the transition of our service model and have an exciting programme of social and creative activities being developed, which we hope has something for everyone and includes: art, Tai Chi, cooking, walking and writing groups to name just a few.

The ALW Recovery Team are focusing on developing a robust timetable of bitesize sessions that people who are using our service have said they would like to attend including sessions on: anxiety, self-esteem, depression, healthy eating, wellness box and winter care. Most of these are currently zoom sessions, but as we move forward we hope to be able to deliver more of these in our buildings.

We have all been so pleased, to start seeing people in person again. We've taken steps to ensure any of our meetings are covid safe, but service users who have attended our buildings, even when having to wear masks, have commented how good it has been to see someone in person.

Pathfinder ALW will be open as usual over the Christmas period, with the exception of bank holidays.



### New clinician joins SPFT

Debbie Bull is a nurse with experience of working in various community mental health settings in East and West Sussex.

She has broad experience of group work and has knowledge of the Mid Sussex locality having previously worked there with the Assessment and Treatment Service.

# Walking/cycling routes around West Sussex

Being active is one of the five ways to wellbeing, and outdoor exercise is encouraged under the lockdown guidelines announced on 4th January 2021. People can exercise on their own, with their household or support bubble, or with one other person from another household.

However, the guidelines also state that people should remain close to home to exercise; so within their village, town or the area of the city in which they live. And outdoor exercise is only permitted once a day.

People living in West Sussex have access to a range of good settings for outdoor exercise and unlike the first lockdown children's play-grounds are remaining open.

Here's a list of suggested exercise spots around the county which can be used for walking/cycling.

- South Downs National Park. Several walking and cycling trails take you through the Park including the South Downs Way, Diamond Way, Monarch's Way, New Lipchis Trail, and the Serpent Trail
- Seafront (good spot for walking, and also part of the National Cycle Network)
- Rivers Arun and Adur have footpaths and links to towns served by Pathfinder services including Littlehampton, Arundel, Amberley and Pulborough (Arun) and Shoreham, Bramber and Shermanbury (Adur).

More suggestions for walking routes can be found on relevant council websites including:

Mid-Sussex ([www.midsussex.gov.uk](http://www.midsussex.gov.uk))

West Sussex County Council ([www.westsussex.gov.uk](http://www.westsussex.gov.uk))

Crawley (<https://crawley.gov.uk>)

Horsham (<https://horsham.gov.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, Crowley, 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).