



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

Winter 2020

As the pandemic continues to affect everyday life, its impact on mental health remains in sharp focus. Pathfinder West Sussex alliance members have continued to adapt their services in line with the latest guidance.

The fact that support work has been able to continue despite the second national lockdown - with groups of up to 15 allowed outside - has been beneficial to service users across the area.

The Mental Health Foundation has been carrying out regular research on the nation's mental health, and its most recent findings, published in late August, found that there has been a slow decline in people's ability to cope with the stress since April.

What is clear, though, is that engagement with the five ways to well-being has helped a great many people. In particular, 59% of the 4251 UK adults 18+ surveyed 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.



However, there is no getting away from the fact that rising levels of stress, anxiety, bereavement, loneliness and isolation, and the financial impact of the pandemic will continue to have lasting effects on the population. All mental health support providers will need to be agile and resilient in their response to the growing need.

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 the 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, 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 remain unchanged over the Christmas period.

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

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 \(time-to-change.org.uk\)](#)

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](#)

Christmas Wellbeing

Pathfinder Midhurst and Chanctonbury have shared their 12 Ways to Christmas Wellbeing.

(To be sung to the tune of *On the Twelve Days of Christmas*)

On the 12th Way of Christmas Wellbeing I will give to me...

12 Self-Care Goals, one for each month of 2021

11 People in My Support Baubles

10 Tips on Laughter

9 Dancers Dancing

8 Singers Singing

7 Santas Jogging

6 Creators Crafting

The Five Ways to Wellbeing

4 Garden Birds Hopping

3 Interesting Podcasts for Listening

2 Walkers Walking



Pathfinder Services

Pathfinder Adur, Littlehampton and Worthing

Maxine Thomas has become Adur, Littlehampton and Worthing (ALW) Pathfinder Service Manager. Carlyne 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, cooking, Tai Chi, walking and writing groups to name just a few.

The ALW Recovery Team are focusing on developing a robust timetable of bite-size 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.

Capital Project Christmas closure

The Capital office closes on 24th December, and re-opens on Monday, 4th January 2021.

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 locality of Mid Sussex having previously worked there with the Assessment and Treatment Service.

Stonepillow fundraising

Homeless charity Stonepillow, a member of the Pathfinder alliance, 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 event was covered by BBC South, and the broadcast can be found on Stonepillow's website here: [| Highlights of The Big Leap Out \(stonepillow.org.uk\)](https://www.stonepillow.org.uk)



Photo credit: stonepillow.org.uk

Christmas Wellbeing

Well-being information and tips from Mind in Brighton and Hove

Mind in Brighton and Hove have been publishing fortnightly well-being information and tips throughout the pandemic. Issue 21 focuses on well-being over Christmas, and includes tips which focus on the five ways to well-being. These include suggestions of how to get outside more over the winter months, healthy eating and drinking, and how to manage family finances.

MiBH's Connecting in Nature group has also added their own tips for winter well-being:



"Listen to music. Music at Christmas and seeing all the churches is really uplifting"

"Keeping a list of all the good things about winter... long walks along the seafront enjoying how quiet it is, and dogs in coats!"

"I love getting cosy. Tea and toast, blankets and cushions."

"Making sure to get out in daylight! Still important to get outside and go for a walk in the light."



All of Mind in Brighton and Hove's well-being information and tips sheets are available on their website [Mind Brighton & Hove | for better mental health \(mindcharity.co.uk\)](https://www.mindcharity.co.uk)



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**FOR BETTER
MENTAL WELLBEING**

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).