

Content headnote - this mailout contains or links to webpages or files with mentions of the following topics: *mental health services, childhood trauma, dementia, OCD, Self injury, criminal justice system, islamophobia,*

If this email is not displaying correctly, click the link below to view it in your internet browser.



Independent Mental Health Network
Newsletter - August 2023

Dear Reader,

Hello!

I hope you are well. This is a fairly jam-packed edition of our newsletter. Earlier this month, we said goodbye to our fantastic Greater Manchester branch. It goes without saying, we would like to say thank you to our amazing team - Mel and Fauzia for their brilliant work.

Take care,

Lauren Davison (Communications Officer)

All change at IMHN

"As one door closes another opens"

"Although the Greater Manchester IMHN contract ends on 31st July 2023, it certainly isn't the end, just a step through another doorway to continue all of the brilliant work done so far by our lived experience representatives and staff past and present.

For me personally, it has been an absolute privilege to have had the opportunity to be a part of this organisation, firstly as an *'Expert by Experience'* and then as a member of staff.

I cannot do justice in this short message to the scale and impact of the work done over the past few years by our GM Lived Experience Reps. They have selflessly given their time, they have shared their personal stories and they have all brought their own expertise to the table. From my observations, one of the most powerful things that they have achieved collectively is to get those who have the power to change mental health services to **actively listen**. This has been the impetus for mental health professionals to realise the value of the lived experience voice. Once you have active listening as opposed to just listening, then you can start to work together as equal partners and bring about meaningful change that enriches and improves lives.

I sincerely hope that as we in Manchester begin our new Journey with Gaddum, we can keep strong ties with all of you at the Bristol IMHN and that there will be many opportunities for us to share what we do are doing and for us to work together again in the future.

Much love and best wishes.

Mel Anderton

GM IMHN"

A message from our Interim Head of Operations, Kaz Self:

"Our contract with Greater Manchester ended on 31st July but we can look back with pride at what we achieved. As Interim Head of Operations I've been touched by the affection that our reps had for our Manchester operation, it showed me that we were making a real difference. Thank you to all our GM staff members who worked with us whilst we were there. In the short time I've been managing the IMHN I've been incredibly impressed with the passion and expertise that both Mel and Fauzia brought to the organisation. I wish Mel all the best as she transitions to work with a new provider in the GM area. And I'm very pleased that Fauzia has decided to continue with the IMHN in a part time role, working with the Bristol, North Somerset and South Gloucestershire (BNSSG) locality.

In other staffing news, I'm delighted that Catrin Beynon has joined us as an Operational Lead from 7th August. Working with charities like 'Changing Faces', her experience

as a project manager, campaigner and fundraiser means she will be a much valued member of the team."



We're pleased to introduce you to Catrin Beynon, IMHN's new Operational Lead.

"Hello, I'm Catrin the new Operational Lead at IMHN.

I have a background in organising campaigns and have recently finished a research degree in the Philosophy of Medicine - with a focus on the Philosophy of Humanitarian Action and the effects of humanitarian crises on survivor's mental health!

I'm really looking forward to joining IMHN, the new role, and working with everyone."

WHAT'S ON

Hello!
We are Inviting You To Our Exhibition Launch Event.

This exhibition is designed to showcase artworks created as part of a research project at the University of Bath.

Working with a group of adult survivors of childhood trauma using a range of creative methods, we explored how to expand our current understanding of recovery.

Join us in launching this interactive exhibition exploring recovery. Network with a range of professionals and individuals supporting survivors and be the first to see the research outputs.

We look forward to welcoming you.

JOIN
OUR EXCLUSIVE EXHIBITION LAUNCH
14TH AUG
6:30- 8:30 PM

PROJECT BECOMINGS

CONTACT
projectbecomings@gmail.com
www.projectbecomings.com

VENUE
UNIT BG21 Ground Floor,
The Galleries, 25 Union Gallery,
Broadmead, Bristol, BS1 3XD
Tues, Wed & Sun 11-4
Thurs, Fri & Sat 11-6

PARTICIPATE
Learn
Engage
Co-construct

Funded & supported by:

14TH AUGUST 2023 - 6:30PM - 8:30PM - Project Becomings Exclusive Exhibition Launch

Project Becomings is a tie-in with doctoral research at the University of Bath, which looked at the recovery from childhood trauma. The artwork created from this project is being showcased at the launch. Find more info in the poster above.

Thursday 17th August - 1pm-4pm - Healthwatch Bristol, North Somerset and South Gloucestershire - *Dementia: Information and guidance drop in*

afternoon. The Galleries, Broadmead, Bristol, BS1 3XD. Support, resources and group taster sessions.

Thursday 7th September - PeerFest

Saturday, 7th October - OCD Action National Conference - stay tuned for further updates.

OPPORTUNITIES AND JOBS

MIND are looking for **2 new editors for their Lived Experience Newsletter**. The deadline to apply is 10pm on Wednesday 30 August 2023. You can do so here:

[Mind's lived experience newsletter | Mind - Mind](#)

Self Injury Support are recruiting a Lived Experience Support Worker and a Support Service Coordinator - Helpline Lead. Find out more about the roles and apply here: [Jobs | Self Injury Support](#)

Call for Evidence from the parliamentary Work and Pensions Committee on safeguarding vulnerable welfare claimants - Contribute to the evidence here: [Call for Evidence - Committees - UK Parliament](#)

National Alliance of Peer Leads: NAPL is a new project that will bring together experienced peer supporters, peer supporters employed in leadership roles, community organisers and grassroots groups to lead and take ownership of the professionalisation of peer support in England.

Through a series of working groups, the NAPL will establish professional standards and recommendations/guidance for key areas of peer support. The types of things we are expecting to work on include peer support practice standards, core content and standards for training of peer support workers, accountability to grassroots values and communities, supervision standards, job profiles, peer leadership competencies and guidance for organisations. We anticipate discussions about governance, decision making and collective representation, including Unionising. Members who join at this stage in our development will be expected to contribute to the building and shaping of the Alliance, and prioritising key areas to work on.

[Find out more here](#)

COMING HOME PROJECT: MASLAHA

The Coming Home Project is a **needs-based community support service for Muslims harmed by the criminal justice system**. Their initial focus is providing a free, confidential therapeutic service provided by Muslim therapists and created in partnership with community organisations and those who have been through the prison system.

A space for Muslims who have been negatively affected by the criminal justice system and are wary of seeking support through traditional public health services. They aim to provide a safe and inclusive therapeutic space for individuals, families, friends, and the wider community to heal and thrive. Their goal is to offer a religiously, culturally, and politically sensitive approach to mental health support.

Click this link to find out more: [Coming Home Project \(maslaha.org\)](https://www.maslaha.org)

Charlie Waller Trust - Parent Carer Peer Support

The Charlie Waller Trust are offering free training sessions to become a Parent Carer Peer Supporter.

There are 3 levels of training available - from introductory levels, basic training to full training. Upon completion of the basic training and full training sessions, you will receive certification from the Trust.

[Click here](#) to find out how you can sign up for the sessions



WANT TO BE A TRUSTEE?

WE'RE LOOKING FOR VOLUNTEERS TO BE PART OF A GROWING MENTAL HEALTH CHARITY. WE'D LOVE TO HEAR FROM YOU!



Keep in touch!

Have a story you want to share? Running an event that you want help promoting? Have any questions about the Independent Mental Health Network? Then get in touch! Drop us an email or send us a message via social media:

Email: engagement@imhn.org

Twitter: twitter.com/BristolIMHN



Have you been forwarded this email?

Someone thinks you might be interested in IMHN's work in mental health.

[Click here for more information about our network, and to join as a member today.](#)

You are receiving this email because you have opted to receive news and updates about the Independent Mental Health Network's work. If you have any questions about membership of IMHN, please email membership@imhn.org.

This email was originally sent to Reader.





You can change how the Independent Mental Health Network communicates with you, or unsubscribe from our emails, by clicking the links below.

Independent Mental Health Network, Unit 50, Equinox South, Great Park Road, Bristol, Bristol BS32 4QL

[Unsubscribe](#) [Manage preferences](#)