



EIP Voyage of Recovery



2020



An adventure of a lifetime!

We have an exciting opportunity for a crew of 10 EIP service users from Sussex, together with 3-5 leaders, to sail a traditional sailing yacht from Brighton to London. Taking part in the voyage will include all aspects of living and sailing aboard Faramir, an 80 foot sailing boat. Activities will include learning how to sail and steer the boat. Everyone will take part in crewing, cooking and cleaning the boat!

The aim is to expose participants to a degree of adversity that, with support, they can overcome, learning about themselves and their strengths as they do so. One young person who did a previous voyage said it made her feel "a lot happier and energised" with a more "positive outlook on life". Another said seeing dolphins, the night sky and stars helped take his mind off things.

If you are interested, then tell your lead practitioner or email us at: spnt.brightoneip@nhs.net

SERVICE HOURS & CONTACTS

The EIP office is open 9am-5pm Monday to Friday
(closed on Bank Holidays)



Office telephone number:

0300 304 0064

If you need support when our office is closed you can call the Sussex Mental Healthline on: **0300 5000 101**

or

Mental Health Rapid Response Service (MHRRS) on:

0300 304 0078



GROUPS

"Out and About Wednesdays" 2-4pm

& "Tennis Thursdays" - 12-2pm

Please let your lead practitioner know if you'd like to receive text message invitations!



Sussex Partnership
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MONTHLY FAMILY AND FRIENDS NIGHT



Our next night will be held on:
Wednesday 5th February 2020
18:00-19:30
at The Aldrington Centre,
35 New Church Road, Hove, BN3 4AG



Facilitated by Don, our Carer Peer Specialist (see below!), this is an opportunity for family and friend carers to meet with other carers, as well as with some of our team.

If you would like more information, send us your details to: spnt.brightoneip@nhs.net

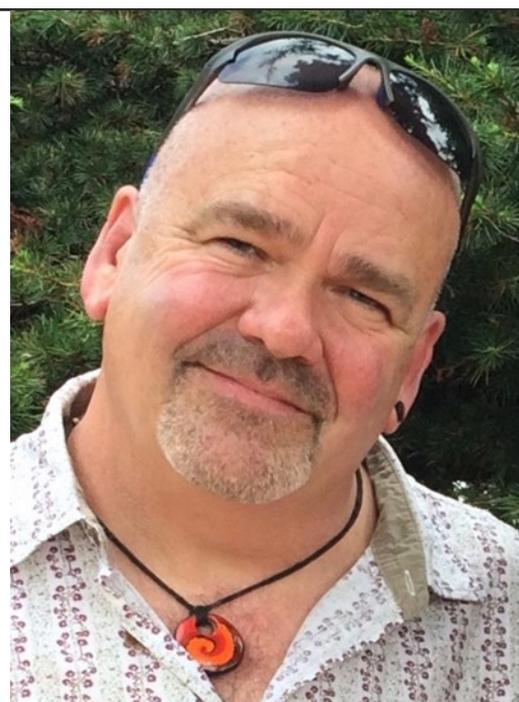
MEET THE TEAM...DON CARER PEER SPECIALIST

Hi, I'm Don. I joined the Early Intervention team a little over a year ago. My role as a Carer Peer was a completely new one, aimed at helping to improve the wellbeing of families and friends of the people receiving support from the rest of the team.

As a peer worker, I draw on my lived experience of caring for my wife - who was under mental health services for nearly 20 years. She has recently completed a PhD and also works for Sussex Partnership NHS Trust (in the research department) - so definitely doesn't need the level of support she once did!! I also have previous experience of supporting other carers - as a wellbeing advisor and as the co-ordinator for a carer peer support group. Finally, I have previously worked as a peer support worker and a peer trainer at a recovery college (in a different area).

I have really enjoyed being involved in developing this new role. In my experience, family and friends often find it hard to maintain their own wellbeing whilst providing support for their loved-one during their recovery journey — there were certainly times when I did. I firmly believe that peer support can really help people to stay hopeful and cope better.

Finally, I am still relatively new to the Brighton and Hove area and am enjoying exploring and finding hidden gems - I'm a big fan of good food and independent coffee shops! Having had 2019 very much dominated with moving house, I'm looking forward to 2020 being much more about enjoying just being!



GET INVOLVED

We're keen to involve service users and family and friend carers who have any ideas for future content or would be interested in co-producing this newsletter with us. You can email us at:

spnt.brightoneip@nhs.net

if you are interested.



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