



EIP UK Sailing Voyage of Recovery, 2020

 *An adventure of a lifetime!* 

Too often, people feel that their lives are restricted by mental health issues such as psychosis. However, in EIP we don't buy into that view. We believe that life after an episode of psychosis can be so much more than managing symptoms. Here's an exciting opportunity to find out for yourself what you are capable of! Next summer, eight crews (10 young people from an EIP service, together with 3-5 leaders) will sail a traditional sailing vessel along a different stretch of the UK coast:

Voyages 1-4: East coast ('London-Lindisfarne'), 15th June – 12th July 2020

Voyages 5-8: Hebrides and Irish sea islands, 17th August – 13th September 2020

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. Ideally, each crew will also be involved in the process of fund-raising for their own trip.

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.

Let us know if you are interested - even if you're not sure, or would like to find out more first. Just 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!



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MONTHLY FAMILY AND FRIENDS NIGHT



Our next night will be held on:
Wednesday 4th December 2019
18:00-19:30
at The Aldrington Centre,
35 New Church Road, Hove, BN3 4AG

An opportunity for family and friend carers to join us for peer support and wellbeing advice.
The night is facilitated by EIP team members including our Carer Peer Specialist, Don Robertson.

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

MEET THE TEAM... STEF

Hello, my name is Stef and I'm a Lead Practitioner with the Early Intervention Service. I am proud to be a nurse by background and I've worked in healthcare for nearly ten years in total, starting off my career as a support worker.

The role of 'Lead Practitioner' in a nutshell means being the main point of contact for people under the care of the service and their network; working together to figure out what might be helpful in terms of your wellbeing, offering treatment, advice and support. We also hope other team members (*psychologists, doctors, STR workers, carer peer specialists, employment specialists*) or community resources may be able to help too and your Lead Practitioner can link you in with these people.



I like to think of myself as a resource or a toolkit — certain tools might feel more helpful to you at certain times and that is okay—we can offer support with lots of things including mental health, physical health, getting out more, drugs and alcohol, housing or benefits. Lead Practitioners like to be really flexible and meet people wherever they feel most comfortable, whether it be the Aldrington Centre, at home, in a café, for a walk or a game of tennis.

Outside of work I'm learning to play guitar (pretty badly at this point), enjoy trying random new foods (yet to try something I don't like) and love to travel. [I wanted to include my favourite poem for you to read. It is called 'Oh The Places You'll Go' by Dr Seuss. Here is a link: http://www.denuccio.net/ohplaces.html](http://www.denuccio.net/ohplaces.html)
It's a fitting tale of hope and perseverance despite adversity, I hope you like it too!



I play a part in putting together this monthly newsletter and would really like some contributions for future content or to co-produce it with people who use the service.

If you are interested then please get in touch!



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